VANCOUVER metro®

NEWS WORTH SHARING.

Up to 136 years in jail

U.S. Pfc. Bradley Manning convicted of espionage and theft in WikiLeaks case PAGE 6

Still too gay to play in '13?

Metro asks a roundtable of athletes why LGBT players still face rejection PAGES 4 & 5

BLEATING OUT THE COMPETITION

OFFICIALS IN REGINA BRING IN ABOUT 90 GOATS TO CHOW DOWN ON A PESKY SHRUB INFESTATION, PICKING THE NEW KIDS OVER MOWING OR HERBICIDES PAGE 9

Francesco's
RISTORANTE ITALIA
Join with us in celebrating our
50th ANNIVERSARY

Receive
50%OFF
our stunning selection of **authentic Italian pasta dishes** on Sundays from 5pm-9pm.
Limited time offer. Reservations recommended. Coupon must be presented.

604.685.7770 | francescos.com
860 Burrard St. Vancouver

The cancellation of the Employer Pass Program will affect about 25,000 people, an official said. There are no records to indicate how many might be affected by the end of the free trips. JENNIFER GAUTHIER/METRO

Free rides over soon, alongside Employer Pass

TransLink. Official says loss of discount and free family trips will be made up for in future savings

KATE WEBB
kate.webb@metronews.ca

TransLink is turfing discounts for members of its 14-year-old Employer Pass Program (EPP), as well as free travel on Sundays and holidays for family members of monthly pass holders, the transit authority announced Tuesday.

The EPP gave a 15 per cent discount to employees of participating companies with 25 workers or more who chose to purchase monthly transit passes for at least a year through payroll deductions.

Bob Paddon, executive vice-president of strategic planning for TransLink, said all the savings will be returned through other discounts once the Compass Cards come in.

"EPP was a good program when it started. It's done its job," he said, explaining it was originally intended to encourage transit ridership.

"Our transit use is up 85 per cent from what it was when TransLink was started."

The cancellation will affect about 25,000 people, he said.

The TransLink Board also decided last Wednesday to axe the perk it gave to monthly pass holders allowing them to bring up to one adult and two kids free on Sundays and holidays.

Paddon said that was more to do with the technological limitations of the Compass Cards, since everyone on the bus must carry one and all cards must carry a balance.

There are also changes afoot for West Coast Express riders. The seven-day pass is being eliminated, as well as the 28-day pass, which will be replaced by a new monthly pass. The $1 fee to bring a bike on the train is being eliminated.

All changes will come into effect on Jan. 1, 2014.

Was a good 14 years

"Whenever a company puts on a sale, it serves its purpose. But when the sale's over, the sale's over."

Bob Paddon, executive vice-president of strategic planning for TransLink

RBC Royal Bank

Say when. Say where. We'll meet you there.

Call **1-800-769-2511** and our mobile bankers will come to you — 24/7.

Advice you can bank on™

® / ™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

CITY DRIVING JUST GOT FUN.

>> The smart fortwo electric drive is here.

Fully charged with everything you've come to expect from smart: superior maneuvering, unparalleled parking capability, and fun like no other. And with the smart fortwo electric drive, it all comes with zero local emissions. To book a test drive, visit **www.smart.com**

www.smart.com

smart – a Daimler brand

© 2013 smart Canada, a Division of Mercedes-Benz Canada Inc.

Vancouverites buy most books online in Canada: Amazon.ca

Indie omen. Ranking is a plus at first glance, but it's likely at the expense of bookstores

EMILY JACKSON
emily.jackson@metronews.ca

Vancouverites have the rest of the country beat when it comes to online shopping for books, according to a list released by Amazon.ca on Tuesday.

Residents bought more books per capita than any other Canadian city of more than 100,000, according to Amazon.ca's first Top 20 list based on print and Kindle sales data, with Calgary and Saskatoon ranking second and third. (Burnaby placed 11th, Richmond 15th and Surrey 17th.)

But before book-loving Vancouverites brag they are the most well-read Canadians, as Amazon.ca suggested in its news release, what if the statistics simply mean we don't support our local bookstores?

Independent Duthie Books shut its doors in 2011 after 53 years in business, and Book Warehouse closed all but its West Broadway location in 2012.

"I'm not surprised that Vancouver is a big customer of Amazon," former bookstore owner Celie Duthie said on the phone from Salt Spring Island, where she runs an art gallery. "We raised up a lot of good readers in the city, and they now need books."

While the city still has "great" smaller bookstores competing for eyeballs, such as Pulpfiction Books and Hager Books, online shopping has an advantage since customers "want certain things and they want it now," Duthie said.

Plus, Amazon sells its books at the prices bookstores buy them, she said.

Fiction vs. reality

"Price is what people are shopping for, and that's what did in Duthie's. How can you compete with that? You can't."

Former bookstore owner Celie Duthie

Vancouver residents buy more books online than any city in Canada. But has it hurt local booksellers?
PETER MACDIARMID/GETTY IMAGES

July 2013 officially city's 'sunniest month ever'

Kitsilano beach EMILY JACKSON/METRO

It's official, sun-worshippers. July was Vancouver's "sunniest month ever."

"We broke the record at YVR for the sunniest July and also the sunniest of any month," Environment Canada meteorologist David Jones said Tuesday.

The previous July 1985 record of 388 hours of sunshine will be "in the bag" by nightfall when the city approaches 400 hours of sunshine, Jones said. Sunshine records have been kept since 1953.

And this rainy city could also smash another record — and stereotypes — for the driest month ever, without even a trace of rain, Jones said.

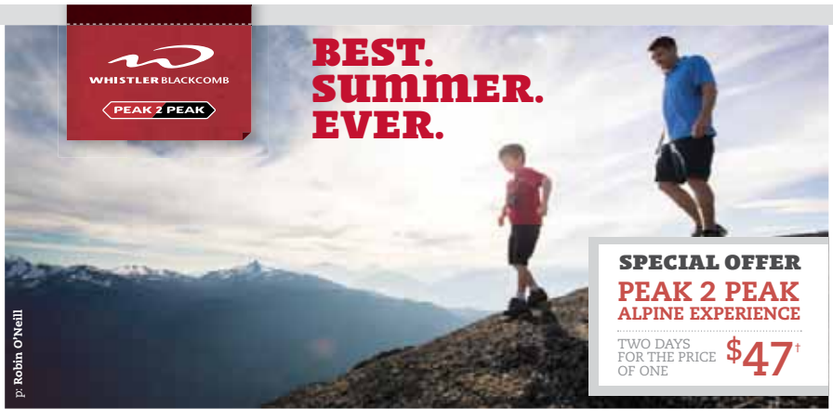
"There's never been a month at YVR when at least a trace of rain wasn't reported," he said. Anything less than 0.2 mm of rain is considered a trace, and anything equal to or greater than 0.2 mm is considered rain.

"If we get to officially 11 p.m. tomorrow night without any rain falling, it will also be the driest month ever," he said.

But it's going to be down to the wire, he said, as forecasts are calling for scattered showers late Wednesday.

Jones stressed the records are only taken at one spot at YVR. "There's been sprinkles around the Lower Mainland in July, but for record keeping purposes: if it doesn't happen at the airport, it didn't happen."

EMILY JACKSON/METRO



FIND OUT HOW MUCH BETTER SUMMERS ARE UP HERE.

Sunny day after perfect sunny day – why not come up and see for yourself? You can hike, bike, golf or even just hang out around the pool. And that's on top of our vibrant Village, with some of the best patios on the planet.

Summer lodging starts from just **$89 a night**. Plus, you can take advantage of our special **PEAK 2 PEAK Alpine Experience deal—2 days for the price of one.** But only if you go online or call now.

ROOMS starting from $89* PER NIGHT

whistlerblackcomb.com/escape | 1.866.383.9586

*Starting from rate is per night based on 2 adults sharing a studio, from August 1 - 31, 2013. Offer is subject to availability at time of booking and may change without notice. Taxes and fees are extra. Minimum night stays, blackout dates, weekends rates and/or other restrictions may apply. †Rate is valid until September 22, 2013 and is subject to availability at the time of booking. Rate does not include applicable taxes and fees and may change without notice. PEAK 2 PEAK ticket must be booked at least 48hours in advance of arrival. Ticket is a 2 day ticket for the price of a 1 day.

When basketball player Jason Collins came out early this year, he renewed the debate about whether openly gay players are welcome in the arena of professional sports. While others came before him — like David Kopay, Martina Navratilova, Ian Roberts, Mark Tewksbury, Gareth Thomas and Robbie Rogers — will locker rooms be the last closet?

A level playing field?

Team Tolerance. Metro brought together a diverse group of athletes for a round table discussion on sports and sexuality

JENNIFER MELO
Metro Canada

More than 45 years after Pierre Elliott Trudeau declared the state had no business in the bedrooms of the nation, 21 years after Canada allowed gays and lesbians to serve openly in our military, and more than a decade since same-sex marriage has been legal across the country, Canadians may think we'd finally be able to stamp "paid" to the gay/lesbian/queer rights debate.

Sadly, we have yet to smash a significant barrier — the right for Canada's LGBT community to play community-league sports without the fear of literal and metaphorical locker room lockouts.

Dave Doucette, 41, played hockey until he was 16. He vividly remembers hearing gay slurs, disparaging remarks about women and talk that made him feel like an outcast. "'F—ing faggots' and similar comments came out in the dressing room and you're like, 'Oh God. I think I'm one of those.'"

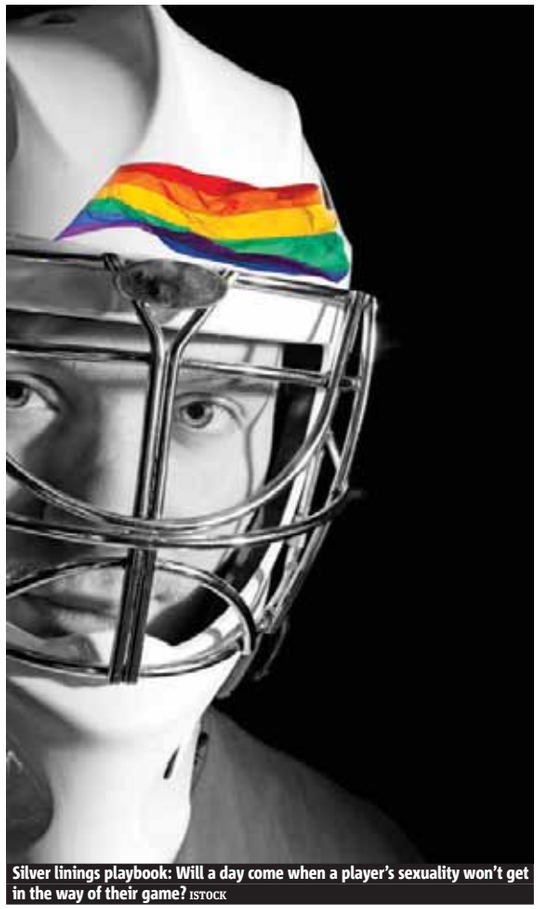
Add the usual team pack mentality, where aggression and adrenaline are considered performance enhancing "drugs" and it's easy to see how homophobia can run rampant.

Eric Demarbre, 34, admits he was one of the bullies, picking on others when he played high school hockey. Even though he knew he was gay, he "didn't show it," alluding to stereotypical gay male behaviours. While Demarbre victimized others, he too suffered. "I never felt any feeling worse in my life than that. Like go-home-and-cry bad," he explained. "You're pretending to be one of them, and you're debasing yourself in that process just so you can fit in."

The women in our group tell me the experience is different in women's sports. Their sexuality didn't keep them from playing the sports they love.

But they didn't get off scot-free either. "My team and I went to Montreal for a tournament and we stayed overnight," remembers Ana Oliveira, a 34-year-old soccer player from Brampton, Ont. "A couple of the girls said they didn't want to stay with me in the room because they didn't want me to touch them inappropriately. I said, 'Don't flatter yourself. You're not my type.'"

Oliveira, who was supported by friends, family, coaches and teachers since she came out as a lesbian at the age of 17, said the experience was unexpected. "I was surprised at the comment, but I didn't let it get to me," she said. "They're ignorant and it was my job to just stop it there." On the field, the incident was forgotten. "We played. We were focused. We just wanted to play," Oliveira said.



Silver linings playbook: Will a day come when a player's sexuality won't get in the way of their game? ISTOCK

Receiving an unwanted sexual advance in the locker room is perhaps the greatest unspoken fear in mixed (gay and heterosexual) teams. "I'm pretty sure it's the only thing that anyone's really worried about," Demarbre said.

But straight guys should stop worrying, says Doucette. "I play on an all-gay hockey team," he says. "We're in the showers with a bunch of gay guys and nothing's happening so…"

Only one of our group came out while playing on a mixed (queer and straight) sports team. What would it have taken for the others to do so? "A miracle!" says Doucette. "Because of everything that's being said in that room, there was no way I was going to ostracize myself."

Change is happening, though. There is support for the LGBT community with organizations like Outsport Toronto and programs like the You Can Play Project, encouraging LGBT athletes to keep competing. And if teachers, coaches, family and friends of the LGBT community work together, maybe there will come a time when an NBA player's public declaration of homosexuality won't be a big deal.

But according to this group, that time is not now.

"I'd like to believe that no one's going to care if every gay athlete came out, but that's not necessarily the case," says J.D. Muir, 29, who's played on men's hockey, rugby and football teams. Muir talks about how we define sports as a culture. "They're aggressive. They're war games," he explains. And the language used in sports, he says, includes homophobic slurs and pressure to be strong, powerful and non-submissive.

Strong role models can help. "You hear about kids being bullied and beat up and ostracized, so to have someone to look up to is really important," says Lela Kouyoumdjian, 38, who plays for the Toronto Soccer Association and Pink Turf soccer league.

Today, Jason Collins is the only major league athlete to come out while still in the game. "I think there's a lot of paving still to be done," Kouyoumdjian says. "When someone like Collins comes out, it's very courageous; it's very brave. And we need more people to do that."

We can all make a difference, however, and we can start by choosing our words with care. "It's words like lame and retarded and gay," says Doucette. We can work on "eradicating these words that people fluff off and don't consider as damaging — except by the people they're being thrown at."

Who's it gonna be?

"I actually think it's going to be a grassroots kid who changes the professional sports world. It's gonna be some kid who's just amazing at his sport and it'll be like, 'Oh, he's gay.' And then nobody's gonna be able to say anything about it."

Eric Demarbre
On whether or not professional athletes will change the future for players on grassroots levels.

'I never in my life felt bad for being gay'

Don't hate, just skate. Sarah Vaillancourt is a role model, a two-time Olympic gold medallist, and, she's a lesbian.

JENNIFER MELO
Metro Canada

The 28-year-old retired from Canada's national women's hockey team a month ago, after undergoing years of hip and hernia surgeries from sport-related injuries. Today, Sarah Vaillancourt, from Sherbrooke, Que., continues to follow her heart, coaching teen athletes, pursuing a master's degree with a goal to becoming an ESL teacher and building a house with her girlfriend.

In this exclusive interview, Vaillancourt shares her thoughts on living proud.

What do you think of NBA player Jason Collins' decision to come out publicly?
It's really brave and if more athletes had the courage to do it, it would become something so normal that we wouldn't even have to say it out loud.

Why do you think so few pro athletes are willing to come out?
A lot of athletes are afraid to be seen differently. And they want to be known more for their athletic performances than their sexual orientation.

Do you think sponsorship and endorsement opportunities would increase or decrease after coming out?
Unfortunately, I think they'd decrease. But I strongly hope and wish that at some point, it doesn't matter … you get sponsorships for the person and the athlete that you are, regardless of your sexual orientation.

What was behind your decision to come out publicly?
To help people suffer less and give them strength.

When I was at Harvard University someone committed suicide, another person tried to, and I later heard that they were homosexuals. Something like that rings a bell in your head. If I can help people come out and be who they want to be — and be who they are — if I can save one or two lives, that goes a long way.

Have you ever experienced homophobia?
No, never. I've been really lucky. I don't think I allow people to be homophobes around me either, so…

How do you do that?
Stand up for yourself. Be proud of who you are. And know that you're not alone.

Sarah Vaillancourt, Tessa Bonhomme and Rebecca Johnston
BRUCE BENNETT / GETTY IMAGES

On the right track

Roberta Cowell

Race car driver, former Second World War pilot and parent of two, Roberta Cowell, now 95, was born Robert Marshall Cowell.

Growing up with signs of hermaphroditism, Cowell had feminine qualities such as wide hips, narrow shoulders and undeveloped but apparent breasts. "I had always known that my body had certain feminine characteristics," she wrote in an autobiography titled Roberta Cowell's Story, published in 1954. Cowell gained notoriety as the first known British transsexual to have sex reassignment surgery. Cowell, now known as Roberta, was Robert until the age of 33. PHOTO: HANDOUT

Game changer

Justin Fashanu

The world's first professional soccer player to publicly come out as gay, Justin Fashanu's story turned tragic in 1998 when he committed suicide. "You have to understand that footballers are very narrow-minded people," the former Norwich City forward said in one interview. "It's the nature of the business. When you put yourself in the firing line, you are open to attack. I know I'm there to be shot down in flames."

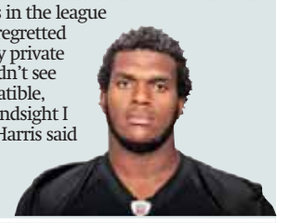
At the time of his death in May 1998, he was charged with sexual assault and the accuser was a 17-year-old boy from Maryland. In a suicide note, Fashanu said the sexual relations were consensual, and believed he wouldn't get a fair trial because of his homosexuality. PHOTO: ALLSPORT UK /ALLSPORT

Tackling the tough issues

Kwame Harris

Jamaican-born former NFL player Kwame Harris, 31, was publicly outed in January following a highly publicized fight and legal battle with his ex-boyfriend Dimitri Geier. The former offensive lineman played for the San Francisco 49ers and the Oakland Raiders for six seasons. Harris described his conflict over whether or not to come out while he was in the league as "turmoil" and "despair" and regretted his decision to keep his sexuality private during his time in the NFL. "I didn't see those two things as being compatible, but now when I look back, in hindsight I could have done it differently," Harris said in a CNN interview.

PHOTO: GETTY IMAGES



Putting bigotry on ice

Angela James

Toronto-born Angela James, 48, is one of the first two women inducted into the international Hockey Hall of Fame, a seven-time gold medal winner, a top performer for Team Canada and "the Wayne Gretzky of women's hockey." She's also a lesbian, a wife and a mother. James was inducted into Canada's Sports Hall of Fame in 2009, an occasion where she publicly acknowledged the roles of her partner, Ange, and their three children in her life. In an interview with Xtra!, James explained the significance of the event. "Until then, no openly gay athlete had ever been inducted into one of the major North American sports halls of fame. In fact, no current or former NHL player has ever come out." PHOTO: GETTY IMAGES

Kick-starting some compassion

Alan Gendreau

Alan Gendreau, 23, became the first publicly gay athlete to enter the NFL draft in 2012. Out since he was 16, Gendreau had supportive teammates both during his high school football years in Apopka, Fla., and in his college football years at Middle Tennessee State. But not everyone was accepting of his sexual orientation. Gendreau was asked to leave when he brought a boyfriend to a church event. "It was like my family telling me I wasn't allowed to come home," the devout Christian said in an interview with Outsports, a website that provides resources and a community for gay athletes. "I'm a kicker that happens to be gay," Gendreau said in an interview with the New York Times.

PHOTO: GOBLUERAIDERS.COM

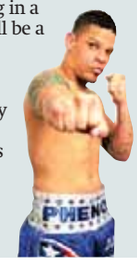
Fight for your right

Orlando Cruz

Ranked No. 4 featherweight by the World Boxing Organization, Orlando Cruz, 31, became the first active professional boxer to publicly come out on Oct. 4, 2012, declaring in a statement, "I have always been and always will be a proud gay man."

In an interview with The Associated Press, the former Olympic athlete for team Puerto Rico said, "I developed physically and mentally to take such a big step in my life and in my profession … knowing that it would have pros and cons, highs and lows, in this sport that is so macho. I kept this hidden for many, many years."

PHOTO: GETTY IMAGES



*While quantities last.
TAKE PRIDE IN EVERYTHING YOU ARE.
Celebrate with us by picking up a free Pride Week Flag.*
WINNERS 798 Granville Street, Vancouver, BC V6Z 3C3
HOMESENSE 493 Robson Street, Vancouver, BC V6B 6L9
WINNERS | HOMESENSE | Marshalls.

GUARANTEED AUTO APPROVAL!

If you have recently been....

- Divorced
- Self Employed
- Bankruptcy
- Repossession
- Collections
- Late Payments

We can help make things right!

I know bad things can happen to good people. You deserve a 2nd chance!
Call Darcy today!
1-877-810-8649

ALL MAKES & MODELS

LANGLEYAUTOLOANS.COM

DL#C3916 and O.A.C

RBC ally TD Canada Trust General Bank of Canada Scotiabank VFC WS Leasing

Private convicted of spilling U.S. secrets

Faces up to 136 years. Bradley Manning dodges precedent-setting charge of aiding the enemy

U.S. army Pfc. Bradley Manning was acquitted of aiding the enemy but was convicted on Tuesday of espionage, theft and other charges, more than three years after he spilled secrets to WikiLeaks.

Manning was convicted on 19 of 21 charges and faces up to 136 years in prison. His sentencing begins Wednesday.

The lead prosecutor, Maj. Ashden Fein, said Manning knew the material would be seen by al-Qaida, a key point the prosecutor needed to get a conviction of aiding the enemy. Even Osama bin Laden had some of the digital files at his compound when he was killed.

According to Daniel Ellsberg — who in the early 1970s leaked the Pentagon Papers, which showed the U.S. government repeatedly misled the public about the Vietnam War — Manning's acquittal was more significant than his convictions.

He said a conviction of aiding the enemy would mean that most people wouldn't want to risk life imprisonment or even execution for exposing government secrets. THE ASSOCIATED PRESS

Manning's crime

Manning admitted leaking more than 700,000 records as well as video of a U.S. helicopter attack that killed civilians in Iraq, including a Reuters news photographer and his driver.

- In the footage, airmen laughed and called the targets "dead bastards."

Efforts a drop in the bucket

Workers scoop up crude oil on the beaches of Samet Island, Thailand, on Tuesday. About 50,000 litres that leaked from a pipeline has reached the popular tourist island despite attempts to clean it up. THE ASSOCIATED PRESS

Switzerland

Train driver's body pulled from wreck

Rescue workers on Tuesday had to separate the mangled front of two trains that collided head-on in Switzerland to extract the body of a 24-year-old driver.

A police spokesman said the fire service will continue to comb the wreckage because they can't rule out the possibility that someone may still be trapped. THE ASSOCIATED PRESS

Cross-border crime

U.S. cops to be free from Canuck law?

The U.S. wants its police to be exempt from Canadian law if they agree to take part in a touted cross-border policing initiative, says an internal RCMP memo.

The debate over whose laws would apply to U.S. officers working in Canada raises questions of sovereignty and police accountability, says the note for RCMP Commissioner Bob Paulson. THE CANADIAN PRESS

Spain derailment. Driver was taking a work call as he sped into deadly crash

The driver was on the phone with a colleague and apparently looking at a document as his train barrelled ahead at 153 km/h — almost twice the speed limit. Suddenly, a notorious curve was upon him.

He hit the brakes too late.

The train, carrying 218 passengers, hurtled off the tracks and slammed into a concrete wall, killing 79.

On Tuesday, investigators announced their preliminary findings from analysis of the train's data-recording "black boxes," suggesting that human error appears to be the cause of the disaster.

The derailment occurred near Santiago de Compostela, a city in northwestern Spain, late last Wednesday. Some 66 people injured in the crash are still hospitalized, 15 of them in critical condition.

According to the investigation so far, driver Francisco Jose Garzon Amo received a call from an official of national rail company Renfe on his work phone in the cabin, not his personal cellphone, to tell him what approach to take toward his final destination.

Garzon was provisionally charged Sunday with multiple counts of negligent homicide. THE ASSOCIATED PRESS

Driver Francisco Jose Garzon Amo, 53, is taken to preliminary court Sunday. PABLO BLAZQUEZ DOMINGUEZ/GETTY IMAGES

Lac-Mégantic. Obliterated bar to reopen for summer

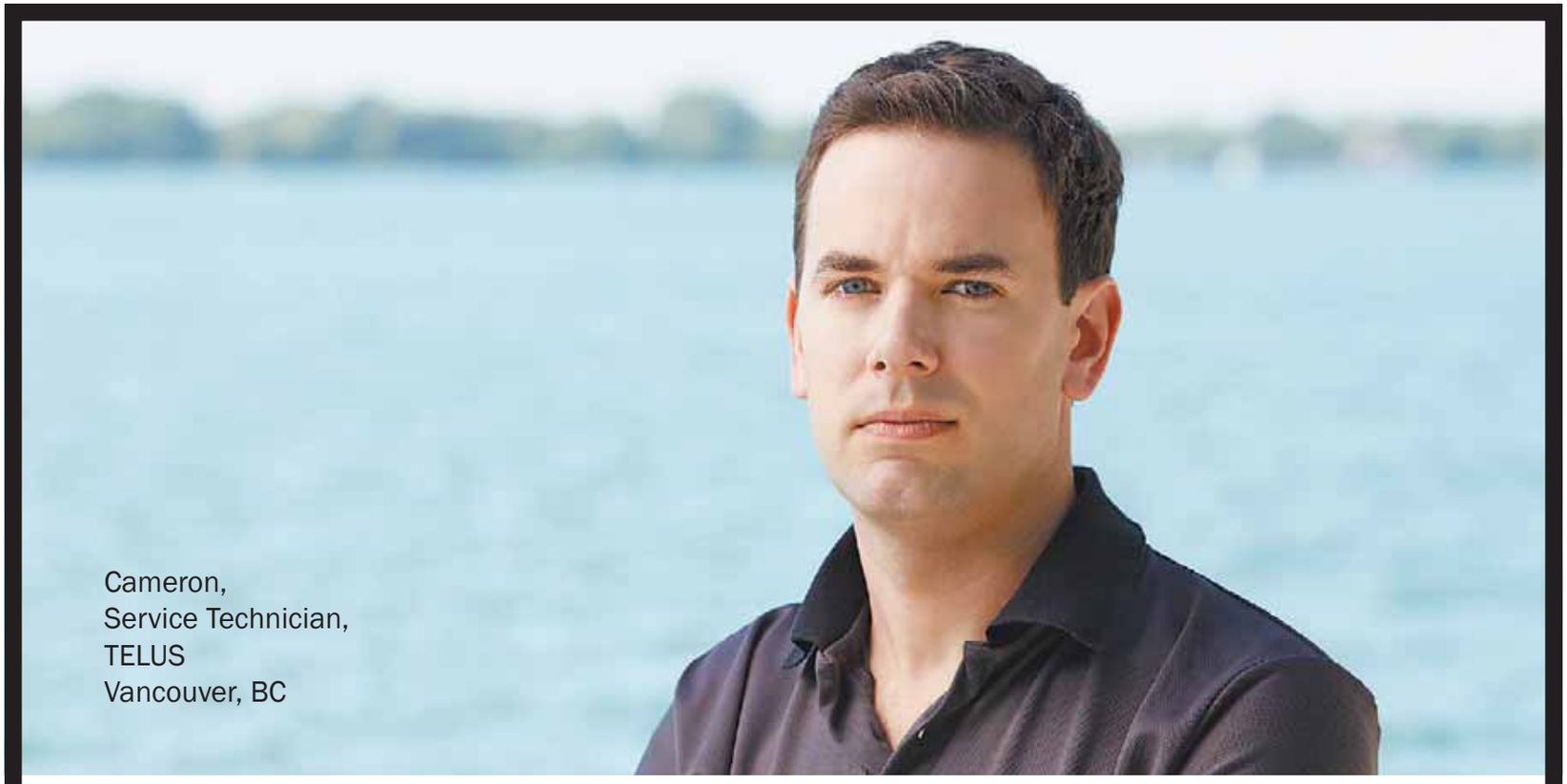
The popular bar recognized as the epicentre of Quebec's fiery train derailment is set to reopen as a temporary music venue for the summer.

Many patrons and staff members died inside Lac-Mégantic's bustling Musi-Café on July 6 after a runaway train carrying crude oil set off huge explosions.

"For sure, Musi-Café became a symbol of devastation in the tragedy we experienced," owner Yannick Gagne told a news conference on Tuesday.

"But we now want it to become a symbol of the resilience of people in the region, who will restart it and look forward."

The resurgent show bar will also create jobs for those left unemployed, including Musi-Café staffers and workers from several other local restaurants and bars shuttered since the disaster. THE CANADIAN PRESS



Cameron,
Service Technician,
TELUS
Vancouver, BC

How does losing thousands of Canadian jobs in the cellphone industry help Canada? It doesn't.

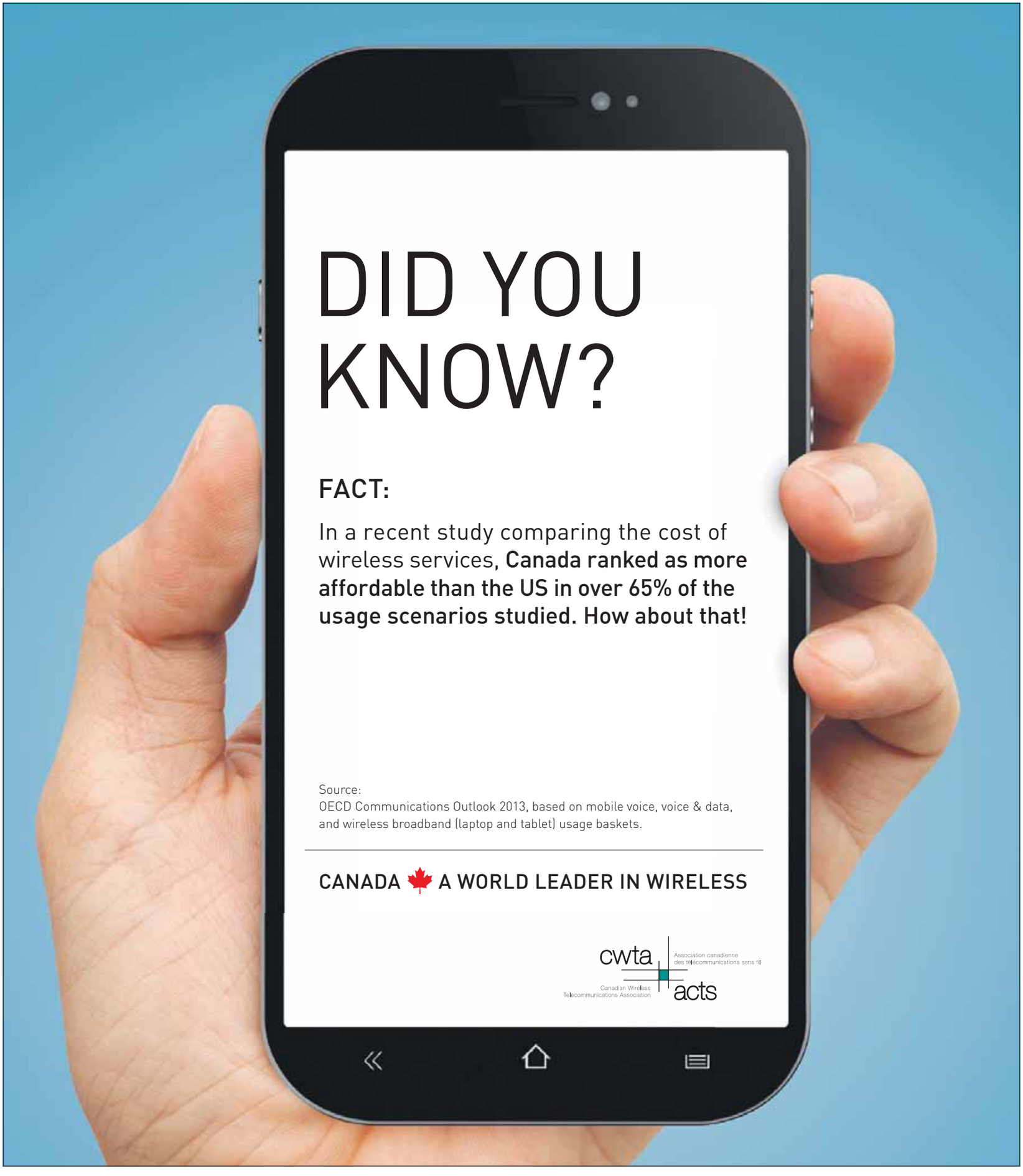
When I found out that our government is getting a giant U.S. cellphone company to come to Canada, I thought, how's this going to affect jobs? Experts are saying most of their good jobs will stay south of the border. Most of their profits too. But it gets better. Better for them. Even though this company is four times as big as all of Canada's cellphone companies combined, they're effectively getting a huge discount to enter Canada. The U.S. giant gets to use the existing infrastructure it took Canadians over 25 years to build, and they didn't contribute a cent. So Canadian taxpayers will effectively be subsidizing the whole thing. Will there be thousands of jobs lost? Think about it.

The whole thing doesn't sound fair for Canadians. Ottawa should do something about the loopholes. Fast.

To find out more, go to FairForCanada.ca

This message is sponsored by your Canadian Wireless Companies:
Bell • Rogers • TELUS

Sweetheart deals for U.S. giants are a bad call for you.


DID YOU KNOW?
FACT:
In a recent study comparing the cost of wireless services, Canada ranked as more affordable than the US in over 65% of the usage scenarios studied. How about that!
Source:
OECD Communications Outlook 2013, based on mobile voice, voice & data, and wireless broadband (laptop and tablet) usage baskets.
CANADA A WORLD LEADER IN WIRELESS
cwta
Canadian Wireless Telecommunications Association
Association canadienne des télécommunications sans fil
acts

Will work for food. Goats chew up landscaping biz

You could hire a crew to clear away unwanted vegetation, or you could bring in a herd of goats — which is what officials in Regina are doing to rid a conservation area of non-native greenery. GETTY IMAGES FILE

Caragana shrubs are no match for goats that have been brought in to clear the pesky growth from a big Regina park.

Officials with the city's Wascana Centre Authority have hired about 90 of the bleating eating machines to rid the shrubs from a conservation area of the park where the greenery has gotten out of control.

Naturalist Jared Clarke says caraganas were once planted in rows to delineate property lines, but they ended up choking out native species of grass and other plants.

Clarke says the goats are an alternative to using herbicides and seem to work better than mowing, which is a temporary fix. The more the goats gnaw away at the leaves, the harder it is for the shrub to grow back.

The goats will be on duty until Monday, when they will stand down and be transported back to their farm in Edenwold, Sask.

Clarke says if the project is deemed a success, the goats could be brought back again in the future.

CJME/THE CANADIAN PRESS

Better than mowing

It's not the first time goats have been brought in to do what they do best — Amazon used them at its offices in Japan.

Dubious food. Oreo doughnut tops Timmie's contest shortlist

On a day when doughnut flavours included devil's food cake and caramel popcorn, it was the simpler creations that won the day for Tim Hortons' Duelling Donuts contest.

B.C.-born Jason Priestley was among the panel of judges who whittled down the long list of 16 doughnut creations to just eight on Tuesday.

Among the finalists are the S'more Of It, the Monkey C-Donut, Monkey Do-Nut, the Dark Chocolate Cherry Chunk and the Oreo Borealis. The re-creation of the classic cream-filled cookie took the top honours from the panel, which also featured execs from Tim Hortons and TV host Ben Mulroney.

The contest was dreamed up after Priestley appeared in an episode of the sitcom How I Met Your Mother where he claimed he had invented the Priestley, a strawberry-vanilla doughnut with a chocolate Timbit nestled inside.

THE CANADIAN PRESS

The Priestley is a fictional doughnut mentioned in an episode of How I Met Your Mother, and subsequently whipped up by Tim Hortons for a photo. TIM HORTONS/THE CANADIAN PRESS

Retail

Zara Home to launch in Canada

Zara Home is slated to open for business in Canada next month. The first location for the home-furnishing brand is set to launch at Toronto's Yorkdale Shopping Centre on Aug. 22, coinciding with the startup of its Canadian e-commerce site. The second store will open in Laval, Que., on Aug. 29. Zara already has apparel stores in a number of cities across Canada. THE CANADIAN PRESS

Market Minute

DOLLAR
97.07¢ (-0.40¢)

TSX
12,581.75 (-87.29)

OIL
$103.08 US (-$1.47)

GOLD
$1,324.80 US (-$4.80)

Natural gas: $3.45 US (-1¢)
Dow Jones: 15,520.59 (-1.38)

Visit metronews.ca
metro

MoneyProvider.com
$500 Loan and more
Fast, easy and secure
No credit refused
1-877-776-1660
www.moneyprovider.com

EVER FOREX
Offices in Vancouver, Burnaby, Richmond & Surrey
• Currency Exchange
• Worldwide Money Transfer
• 24*7 Online Trading
Live Rates: everforex.ca • Toll Free: 1 800 699 4816
USD, EUR, GBP, AUD, NZD, JPY, CNY, THB, TWD, MYR, PHP, SGD, MXN

Canadian Health Care Academy
ALL REGISTRANTS FOR THE SEPTEMBER 9 PRACTICAL NURSING PROGRAM WILL RECEIVE A $2500 SCHOLARSHIP & FREE IPAD!!
We offer the lowest PN program fees in BC to help you reach your goal. Call now to speak with an admissions representative. *Refreshments, Door prizes & $500 tuition discounts for everyone!
INFO SESSION AUG. 29* 5-8PM
604.540.2421 info@canadianhealthcareacademy.com www.canadianhealthcareacademy.com

BACKSTREET BOYS
IN A WORLD LIKE THIS
AVAILABLE NOW
hmv

WATER'S RISING. WHERE'S THE ARK?

JUST SAYIN'

Paul Sullivan
metronews.ca

Ho-hum. Another day, another prophet of doom.

Today's Cassandra du Jour is someone named Benjamin Strauss from something called Climate Central. Strauss concludes that without an immediate deep reduction in greenhouse gas emissions, 1,700 U.S. cities will be underwater by the end of this century.

And even if we stop adding greenhouse gases to the atmosphere right now, 80 cities including Hoboken, N.J., and Fort Lauderdale, Fla., are already toast. Frank Sinatra's hometown sinks beneath the sea! Pictures at 11!

Strauss's conclusions have been published in the Proceedings of the National Academy of Sciences (not the National Enquirer) and run through the news cycle. Headlines everywhere. Hard to miss.

You may be wondering if Strauss is just some paranoid nutcase. If he is, he's a paranoid nutcase with a PhD in ecology and evolutionary biology from Princeton, a master's in zoology from the University of Washington, and a BA in biology from Yale. A beautiful mind.

Climate Central certainly sounds reputable: "An independent organization of leading scientists and journalists researching and reporting the facts about our changing climate and its impact on the American public." Such as 1,700 cities will be sleeping with the fishes by 2100.

This is not just an American wet dream: Various studies have also earmarked several coastal Canadian cities, such as Vancouver and Halifax, for the Big Bath.

So what's going on here? Why aren't we all stampeding for higher ground? Even if 2100 seems a long way off, the sheer scale of this inundation should have us building big boats in our backyards and pairing off the raccoons and Pomeranians, especially if we live in Hoboken or Fort Lauderdale.

But nothing's going on here. The U.S. president has a "plan," but it's hardly an emergency response, and even if the U.S. starts cutting emissions and shoring up dikes, that supposedly won't hold back the tide. And, of course, our Prime Minister Stephen Harper sees the emission of greenhouse gas as a patriotic act.

We obviously don't believe Strauss or all those other guys with letters after their names. Apparently, the skeptics have done a great job of painting them as a bunch of careerists so greedy for grants they'll say anything, no matter how over the top. If anyone's all wet, it's Strauss and all those other *scientists* (dirty word).

Still, aren't you a bit creeped out? What if Strauss is only half right, or a quarter right? What if the skeptics, who don't have nearly as many letters after their names, are the wet ones?

Is there anybody out there who can tell us the truth? It's a simple, honest question: How high's the water, daddy? Really?

ZOOM

Of course Road Runner is for dinner

DEBBIE DICARLO/REX FEATURES

Photog captures coyotes interacting

This stunning picture taken by amateur wildlife photographer Debbie DiCarlo shows the adorable coyote pups howling as the adult coyote tips back its head to let out an ear-piercing howl at a wildlife preserve in Hinckley, Minn. METRO

Q and A

'Hope and emotions'

DEBBIE DICARLO
Amateur photographer, 58, from Cleveland, Ohio

From the photograph's composition, it looks like the pups are mimicking the adult in howling ...
Yes, but that's certainly from the point of view of us humans, and how we assign human expressions to animals.

But isn't that what makes animal photography special — when we assign it human traits?
I completely agree. That is certainly one great way of interpreting these photographs. Animal photographs conjure up amazing imagery of hope and emotions in us all.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

We're past the halfway mark of the year, which is still a depressing distance from the best-of lists that pepper December and January. So let's get an early start with a trio of some of the best mobile games of 2013.

Limbo

The long-awaited port of 2010's moody gem has finally arrived. Take control of a boy navigating the dangers of a beautiful but starkly harsh side-scrolling world (pictured). Seriously stark. The game is full of punishing puzzles and grisly deaths. (iOS/$4.99)

Gemini Rue

A defiantly old-school point-and-click sci-fi noir set in a future familiar to Blade Runner fans. The original version was designed for keyboard and mouse, so the controls can be awkward. But solving the mysteries of the dual-plotted story is addictive enough to overlook them. (iOS/$4.99)

Star Command

From the clever dialogue to the pixelated graphics, everything about space adventure reads as a love letter to Star Trek. Managing your crew and monitoring shield and weapon systems during frenetic battles is deep and challenging, though that's offset a bit by a linear story and shallow interactions with the races you encounter. (iOS, Android/$2.99)

Twitter

@metropicks asked: A scientist made a 'Frankenburger' from animal stem cells. Would you eat it? Is it vegetarian?

@NHL4HAMILTON: Sure ill give it a try! Be interesting to see what it tastes like.

@st_mack: As long as there was Frankenbacon to go on top of it.

@1983boxedwine: No Way! We should care about where our food is coming from and what we put in our bodies. #realfood #lessdisease #healthyliving

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Vancouver** Jeff Hodson • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Chris Mackie • **Distribution Manager** George Acimovic • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson • **METRO VANCOUVER** 375 Water Street - Suite 405 Vancouver, BC V6B 5C6 • **Telephone:** 604-602-1002 • **Fax:** 604-648-3222 • **Advertising:** 604-602-1002 • adinfovancouver@metronews.ca • **Distribution:** vancouver_distribution@metronews.ca • **News tips:** vancouver@metronews.ca • **Letters to the Editor:** vancouverletters@metronews.ca

Review

The Smurfs 2

Director. Raja Gosnell

Stars. Neil Patrick Harris, Hank Azaria

The problem with The Smurfs is that the blue mushroom-dwelling dwarves(?) just aren't elaborate or very amusing. In that sense, they're perfectly safe film fodder for prepubescents. In this straightforward sequel, Papa Smurf and company travel to Paris to rescue Smurfette (a whiny-sounding Katy Perry) from diabolical wizard Gargamel (Hank Azaria, trying his best). The sequel would've been buoyed by new characters except that one (named Hackus) is ceaselessly irritating. Still, Hackus shouldn't worry — with $150 million in corporate tie-ins already, his ugly mug will surely appear on everything from plush dolls to nasal strips. **STEVE GOW/METRO**

Celebrity news

Not a girl, not yet a woman

Miley Cyrus' transformation from a sweet-faced child star into a wild-child sensation has garnered plenty of debate, but she says it's not really all that deep — she just grew up, y'all. "People just evolve and that's all that's happened to me. But people think a mad scientist somehow cooked up this potion and turned me into a different human. ... All I did was get a haircut and buy some clothes," she said. **THE ASSOCIATED PRESS**

Two guys, two guns, no spanking

Interview. Denzel Washington and Mark Wahlberg talk about going funny with new buddy comedy 2 Guns

MATT PRIGGE
Metro World News

Denzel Washington and Mark Wahlberg star in 2 Guns, which opens this weekend. CONTRIBUTED

Denzel Washington is funny. He just doesn't do funny movies.

People have told him how good he is with a joke. He agrees and he doesn't.

"I'm quick. But being funny on purpose, take after take — I don't know. It's new territory."

Indeed, he hasn't done a full-on funny film since the ghost comedy Heart Condition, opposite Bob Hoskins in 1990. It's the only one on his resumé.

2 Guns isn't a full-on comedy. It's a '70s-style throwback thriller, starring Washington and Mark Wahlberg as undercover government agents embroiled in the pursuit of a booty of stolen cash. But he and Wahlberg, longtime friends finally working together, have great chemistry, and the tone of the film allows them to goof around in between shoot-outs and scenes where Bill Paxton's fearsome CIA heavy plays Russian Roulette with his crotch.

"I'd been looking to stick my toe in the water," Washington says about being funnier. "Especially coming off Flight, I was looking to do something where I had more fun."

In character

"I try to bring my own personality to the parts, some kind of personal connection. The audience can maybe believe it a bit more."

Denzel Washington
Talking about he gets into character

Wahlberg had already been attached to the production, based on Steven Grant's comics, which was a big selling point for him.

"Mark is not just funny, but he has a warmth and a heart about him that I've loved. I watched Ted the other night. That's a sick movie."

Not that he wanted to go that far.

"I'm not ready to be spanked yet — not right out of the gate. But (Wahlberg) helped free me up, to go for it, to not worry about being silly."

Wahlberg was happy it wasn't the traditional kind of buddy comedy.

"Usually they'll take the comedy guy, the really out-there comedy guy, and put him with the straight guy. We didn't want to do that," Wahlberg explains. "We felt like the two had to be really formidable opponents, to earn that camaraderie, to earn that trust in one another."

Asked how they handle comedy or drama, Wahlberg says there's little difference.

"I approach everything the same: I try to make it as real as possible," he explains. "If you're going to make people laugh or cry, it's the same thing. But if I start doing pratfalls, someone please pull the plug."

Washington just tries to integrate himself in his roles.

"I try to bring my own personality to the parts, some kind of personal connection," he explains. "The audience can maybe believe it a bit more."

When asked which role is closet to the real him, he can't help but joke.

"Training Day. That's who I am. That's the real Denzel."

FREEDOM LOOKS GOOD ON YOU.

Begin a new journey this summer without glasses or contacts.

Starting at $490 per eye*

Book a free consultation at 1-877-663-9888 or lasikmd.com

LASIK MD VISION

*Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply.

Dharma Drum Mountain Vancouver Center is pleased to be joined by

Venerable Guo Xing
Abbot of Dharma Drum Retreat Center & Chan Meditation Center in New York

for a series of meditation workshops this summer...

Abbot is one of the late Chan Master Sheng Yen's Dharma heirs. Born in 1953, he became ordained in 1986. In 1991, he studied Theravada meditation by entering a solitary retreat in Thailand. Upon returning to DDM, he continued to assist the Master in leading numerous meditation retreats in Taiwan, Southeast Asia, and the United States for 20 years, including the first 49-Day retreat held at the Dharma Drum Retreat Center, New York in 2000.

...August 3rd to September 4th, through scientific approach and logical deductions, accompanying with everyday examples, stories and practical methods, Abbot Venerable Guo Xing will personally teach and guide us on how to better manage our emotions and our reactions to the world around us, in turn to liberate ourselves by affirming the world and at the same time not attaching to it.

Free admission to all activities, while approval of application and registration are required for some.

Surangama Sutra - a scientific, logical & practical guide to find peace in life (Dharma lecture series)
Date: August 3, 4, 6, 7, 13, 14, 27, 28; and September 3, 4
Time: Tuesday & Wednesday: 7 - 9:30 pm; Saturday & Sunday; 2 - 4 pm
(Your full attendance to this lecture series is encouraged, but not required.)

One-day Chanting Amitabha Chan Retreat
Date: August 5, 2013 (BC Day)
Time: 9:30 am - 5:00 pm
Practice of Chan and Pureland in concert to arrive at the state of one-mind, Abbot will guide us how to apply Chan method when chanting "Amitabha', in turn to help us incorporate mindfulness in our daily activities and in our interactions with the environment and people.

7-day Intensive Huatou Retreat
Date/Time: 5:30 pm August 16 - 5 pm August 23, 2013
Approval of application is required.
By means of intensive practice in a 7-day silent and residential environment to mindfully practice the method of Huatou (before the word is uttered), Abbot will provide guidance and personal interviews to help us untie our afflictions in life, concerns of birth and death, in turn, help us liberate ourselves by affirming the world and at the same time not attaching to it.

Mind at Work workshop
Date: September 2, 2013 (Labour Day)
Time: 9:30 am - 5 pm
Registration is required. Please send your name and phone number to info@ddmba.ca or call 604-277-1357.
Through scientific approach and logical deduction, practical methods and hand-on exercises, Abbot will lead us to investigate and analyze the mind at work for better managing our emotions and our reactions to the world around us, and, for being more focused, efficient, more loving and more happy every day, in turn, for finding peace in life.

Details of these upcoming events:
http://www.ddmba.ca/ddmba/upcoming_events.php

DHARMA DRUM MOUNTAIN Vancouver Center
General inquiry: **info@ddmba.ca** or **604-277-1357**
www.ddmba.ca
www.facebook.com/ddmba.van

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Applaud for Lady Gaga, she needs it

THE WORD
Dorothy Robinson
scene@metronews.ca

Well, hello there, new artwork for Lady Gaga's new single, Applause, which looks like something Barbra Streisand would do circa 1983

Gaga unveiled this cover on Sunday to Women's Wear Daily, which was created by photography duo Inez van Lamsweerde and Vinoodh Matadin, who also filmed the single's music video. The single will drop on Aug. 19.

"What I'm saying in the song essentially is that I live for the applause. I live for the way you cheer and scream for me. Give me that thing that I love. Put your hands up, make them touch," she told the magazine about her inspiration for the single, which is a much, much better title than just calling it Clappin'.

Under the Dome still under said dome

Welp, it looks like no one is escaping that stupid dome anytime soon — CBS has renewed Under the Dome for a second season.

"We're excited to tell more stories about the mystery of the dome and the secrets in Chester's Mill, and are thrilled to have the master storyteller himself, Stephen King, tell the first one of next season," CBS Entertainment President Nina Tassler said in a statement.

The renewal makes sense as the show is a bona-fide hit for the network, averaging about 13.8 million viewers, according to Nielsen numbers provided to the network.

YOU COULD WIN
KICK-ASS 2
AUGUST 16
VISIT clubmetro.com TO ENTER
A DOUBLE PASS TO
KICK-ASS 2
IN THEATRES AUGUST 16
To register and for full contest details visit clubmetro.com. Subject to classification.

Unshakeable Christchurch

New Zealand.
After a devastating earthquake in 2011, the city is ready to welcome visitors

RUTH ATHERLEY
life@metronews.ca

The Re:START mall is a fun shopping area in the heart of Christchurch. DAVID SWANSON

The city of Christchurch, New Zealand, is in full swing with its exciting rebuild plan after the earthquakes it experienced a little over two years ago. The city and the surrounding region of Canterbury offer many things to do, places to stay and eat, and are absolutely ready to welcome visitors.

In true Kiwi form, the people of Christchurch are focusing on finding the silver lining and while remembering and honouring the past, they are embracing the future. The focus is now on creating a world-class city that engages both locals and visitors. A blueprint plan that concentrates on creating an accessible, world-class city that showcases all the fabulous activities, restaurants, accommodation and business opportunities that Christchurch has to offer has been developed and is in the process of being brought to life.

Experience Christchurch of today

While the people of Christchurch are looking forward, they realize that many visitors want to better understand what happened two years ago. Quake City is an interactive experience that outlines the science and the human interest elements behind the earthquakes. Now visitors can take the tour through the "red zone" — now the rebuild zone. Here you can see the work being done and get an up-close view of the uncrushable Kiwi spirit that shines through as the city is re-created. In fact, each day many of the areas of the city are being reopened to the public and, as this happens, you can see the joy and pride in the faces of the people who call Christchurch home.

You can also check out the Cardboard Cathedral. This structure is being built to temporarily replace the historic Christchurch Cathedral, which was damaged during the earthquakes. Church services will be held in the Cardboard Cathedral, which is made of paper tubes coated with waterproof polyurethane, and was opened in June 2013 with seating for 700.

Shop and sip

For those interested in shopping, the Re:START mall is an area that offers some of the best New Zealand designers. Re:START may not be the first shipping container shopping mall in the world, but it is one of the most creative, appealing and — a priority in New Zealand — fun! More than 50 retailers are located right in the heart of the city, including great cafés, the perfect place to rest your weary feet after a morning of trying on designer duds and checking out the bright, vibrant and energetic area. There is also New Regent Street, which is a quaint street full of shops and boutiques – and, of course, cafés. After all, shopping and coffee were made for each other.

Discover the magic of the Canterbury region

While Christchurch is a fabulous city, visitors are also encouraged to venture out into the Canterbury region. And who better to show it to you than a fifth generation Canterburian — a real local. A local's local, if you will. David Hiatt runs Canterbury Guiding Company, a specialized tour provider that offers excursions that you just can't get anywhere else. He knows winemakers and cheese makers, farmers and artisans and, relevant to his guests' interests, he makes magic happen. David and his team know every inch of the Canterbury region — the wineries, the restaurants, the trails, the farms and the people. If the guests want it, David can make it happen. One day it might be a behind-the-scenes chat and tasting with a cheese maker. The next day, it might be a balloon ride to view the mountains and sea or a wine tasting with the winemaker. One thing is for certain — David is the guy to take people to see the Canterbury that the residents know and love.

Air New Zealand (airnewzealand.ca) has direct non-stop flights from Vancouver to Auckland and offers flights from many other North American cities. For more information about New Zealand, visit newzealand.com.

Get the app

Tourism New Zealand (TNZ) is making travel to New Zealand even easier with the launch of its first mobile app — Essential New Zealand. The free to download app offers advice to travellers on the go in New Zealand, without the need for a WiFi connection, encouraging them to do and see more while in the country.

Can't wait to hook up? Fish Vancouver Island's West Coast at an unbeatable price. Be here in just over an hour with round trip flights…on us!
PACKAGE INCLUDES:
• Two nights ship accommodation • Two 7 hour fishing trips
• Tackle, bait, cleaning & bagging of your catch
• Flights from South Terminal, Vancouver Airport
Price is per person, double occupancy. Available on select dates only. Available on new bookings only. Some restrictions apply.
BOOK NOW 1-800-663-7090 www.obmg.com
CANADIAN PRINCESS RESORT
UCLUELET – LONG BEACH • BC

SHAKEN ICED TEA
brewed with
DRAGON BLACK TEA BLEND
HOJICHA GREEN TEA
with NEW FLAVOURS
KIWI LIME
GUAVA LEMON
CITRUS PEAR
free upsize
UNTIL AUG. 20th
BLENZ COFFEE
We love what you're drinking.
*Offer only available at participating BLENZ stores. Cannot be combined with other offers or discounts. Offer only applies to BLENZ Shaken Iced Teas. For full terms and conditions visit our website.

Packing

Carry on, fearless traveller!

ON THE MOVE
Loren Christie
life@metronews.ca

Be prepared! ISTOCK

What makes a perfect carry on? There are a few essentials that you should be bringing on board every flight.

An emergency toiletry kit just like those little ones people travelling in first class are given is perfect for freshening up prior to landing. Make it yourself and include toothpaste and toothbrush, moisturizer, lip balm, mini deodorant and a hairbrush. For women bring along mascara, lip gloss and tinted moisturizer. Make sure you go for small sizes and adhere to the rules and regulations on liquids and gels. Each container must be 100 ml or less and all of them have to be able to fit in one clear, closed, re-sealable plastic bag no more than one litre in capacity. Remember that food items like yogurt and peanut butter are also considered liquids and gels so if you are bringing snacks for yourself or the kids bring dry ones. An empty water bottle that you can fill up on the other side of security is a must.

I never bring a lot of extra clothes in my carry on, but a sweatshirt for warmth is a good idea. For women a pashmina is even better. It can be a blanket, pillow or a scarf and takes up less space. Toss in a spare pair of underwear and a bathing suit (if you are headed to the beach) in case of lost luggage.

Electronics such as an iPad, cellphone or camera have to go in your carry on. All electronic devices containing lithium batteries are prohibited in your checked baggage. On the other hand, don't carry on any electronics, such as a hair dryer, that you cannot turn on if requested to do so by a security screening agent. Bring along a good magazine or a book for when electronics need to be turned off during take-off and landing.

Large noise cancelling headphones are practical and helpful. They save you from having to buy cheap ear buds on board and act like a giant Do Not Disturb sign if you prefer not to engage in two hour conversations with your seat mate. Check out the Canadian Air Transport Authority website for a full listing of exemptions and prohibited items.

Flights | Vacation packages | HOTELS | Deals | Car rental | Cruises | Things to do | Insurance | Mobile

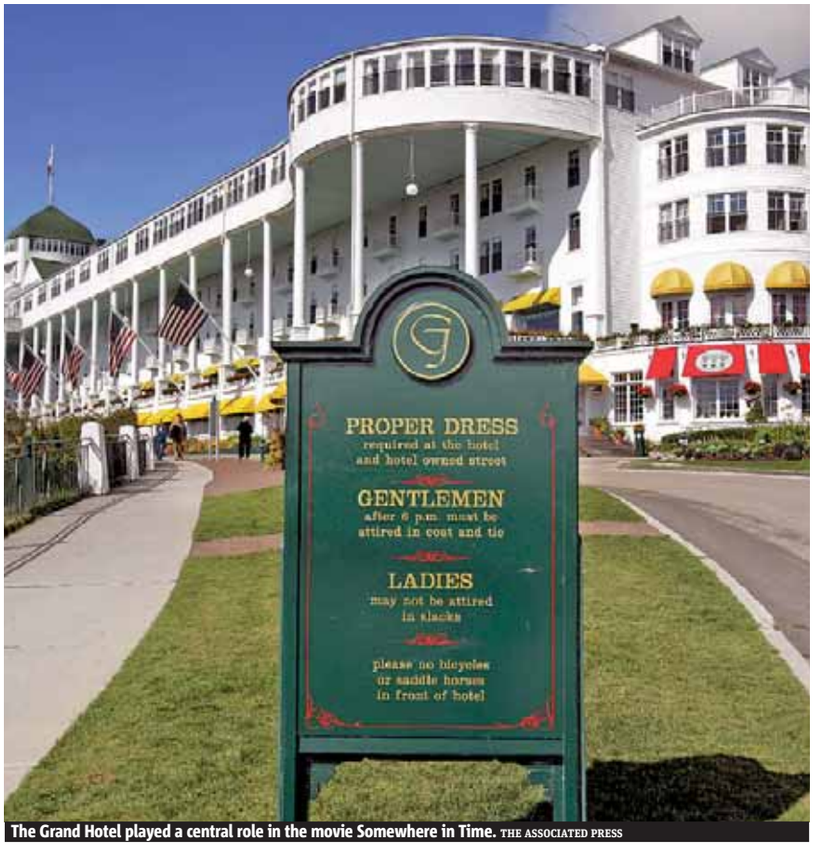
Expedia.ca SPONTANEOUS SUMMER SALE

Travel on a whim.
Stay on budget.

Save up to 50%* on select hotels all over the world, all summer long.
Plus, enjoy the protection of our Best Price Guarantee.†

Expedia.ca
Your trip, your way.

© 2013 Expedia, Inc. All rights reserved. Expedia, Expedia.ca and the Airplane logos are registered trademarks, or trademarks, of Expedia, Inc. in the U.S. and/or other countries. Ticket fulfillment services provided by Tour East Holidays (Canada) Inc., 15 Kern Road, Suite 9, Toronto, Ontario, M3B 1S9. TICO Registration No.: 50015827 and Tour East Holidays (Canada) Inc., 2000 Peel Street, Suite 735, Montreal, QC, H3A 2W5. Quebec Licence No.: 702246. *Discount limited to hotel portion of bookings only (off Expedia.ca prices) purchased by Sept. 2/13 for travel between May 14/13 and Sept. 30/13. Savings vary and start at 15%, depending on the hotel. Some conditions apply. Only valid on select "Spontaneous Summer Sale" hotel properties. Offer subject to change or cancellation without notice. See Expedia.ca for full details. †Claim must be made within 24 hours after qualifying Expedia.ca booking, must be submitted via the Expedia.ca website and is subject to review. Other conditions apply. Visit www.expedia.ca for full details.



The Grand Hotel played a central role in the movie Somewhere in Time. THE ASSOCIATED PRESS

Come to the island where time stood still

Mackinac Island. In northern Michigan is a tiny place still powered by horses

Producers of the 1980 movie Somewhere in Time didn't need to build elaborate sets to depict the tale of a playwright who travels back to 1912 to find romance. They simply filmed on Mackinac Island, a Great Lakes enclave that retains its Victorian-era charm thanks to its ban on motor vehicles.

Motor vehicles have been banned on the island since the start of the 20th century after an automobile frightened some of the horses. These days, people still travel by horse-drawn carriage, as well as by bike and by foot.

Mackinac Island, located off the Straits of Mackinac separating Michigan's Upper and Lower Peninsulas, was an important outpost in the region's fur trade, but that gave way to fishing and eventually tourism.

Among the main attractions: the Grand Hotel, a 385-room luxury hotel that played a central role in Somewhere in Time. In fact, fans of the movie, many in period costumes, descend on the island and the hotel every fall for a weekend of reenactments and a screening.

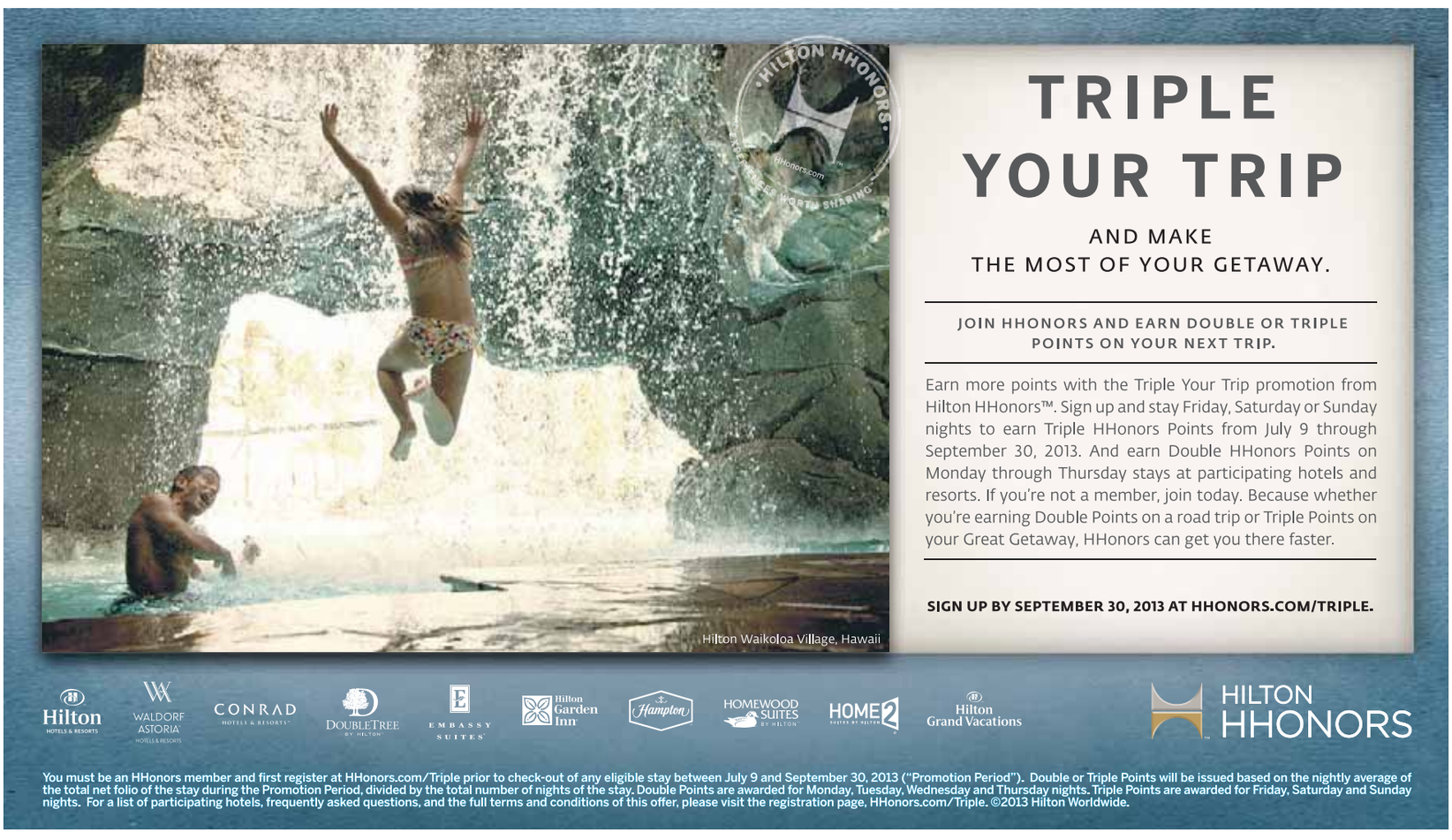
You get reminders of a bygone era before even leaving the mainland by ferry. Crews cart overnight luggage onto the ferry, the way full-service porters used to at train stations and hotels. The Grand Hotel stands out as your ferry approaches the island. Closer to the dock, you pass a pair of quaint lighthouses, including one featured in the movie.

Once you're on the island, you have plenty of options. Head to the Mackinac Island State Park Visitor's Center for an orientation. About 80 per cent of the island is controlled by the state park, but staff there can also point you to other things to do, too. For $11 US, visitors can stroll through Fort Mackinac. You can witness demonstrations of old-style guns and a cannon — be sure to heed the demonstrators' advice to cover your ears. You can also see some of the buildings once used for distributing supplies and housing soldiers.

THE ASSOCIATED PRESS

If you go...

- **Mackinac Island.** Located in Michigan about 480 kilometres north of Detroit. Ferries leave several times a day from Mackinaw City in the Lower Peninsula and St. Ignace in the Upper Peninsula. Flights available to Pellston, near the ferry, from Detroit and Chicago.


HILTON HHONORS
HHonors.com
MEMBERSHIP WORTH SHARING
Hilton Waikoloa Village, Hawaii
TRIPLE YOUR TRIP
AND MAKE THE MOST OF YOUR GETAWAY.
JOIN HHONORS AND EARN DOUBLE OR TRIPLE POINTS ON YOUR NEXT TRIP.
Earn more points with the Triple Your Trip promotion from Hilton HHonors™. Sign up and stay Friday, Saturday or Sunday nights to earn Triple HHonors Points from July 9 through September 30, 2013. And earn Double HHonors Points on Monday through Thursday stays at participating hotels and resorts. If you're not a member, join today. Because whether you're earning Double Points on a road trip or Triple Points on your Great Getaway, HHonors can get you there faster.
SIGN UP BY SEPTEMBER 30, 2013 AT HHONORS.COM/TRIPLE.
Hilton
WALDORF ASTORIA
CONRAD
DOUBLETREE
EMBASSY SUITES
Hilton Garden Inn
Hampton
HOMEWOOD SUITES
HOME2
Hilton Grand Vacations
HILTON HHONORS
You must be an HHonors member and first register at HHonors.com/Triple prior to check-out of any eligible stay between July 9 and September 30, 2013 ("Promotion Period"). Double or Triple Points will be issued based on the nightly average of the total net folio of the stay during the Promotion Period, divided by the total number of nights of the stay. Double Points are awarded for Monday, Tuesday, Wednesday and Thursday nights. Triple Points are awarded for Friday, Saturday and Sunday nights. For a list of participating hotels, frequently asked questions, and the full terms and conditions of this offer, please visit the registration page, HHonors.com/Triple. ©2013 Hilton Worldwide.

skilled immigrant infocentre
Vancouver Public Library Central Library
350 West Georgia Street
Phone: 604-331-3624
Web: skilledimmigrants.vpl.ca
Employment information for career decisions
A free service for immigrants to British Columbia
Vancouver Public Library
We acknowledge the financial support of the Province of British Columbia through the Ministry of Education
Canada
Funded by the Government of Canada's Foreign Credential Recognition Program

Skills Connect For Immigrants Program
WANT A JOB THAT USES YOUR SKILLS AND EXPERIENCE?
We Can Help Put Your Skills To Work!
Call Us To Find Out More About:
Language Development, Training, Job Search and Connecting to Employers!
TRAINING innovations
604.298.4720
www.skillsconnectbc.com
Canada
WelcomeBC
The Skills Connect for Immigrants Program is part of the WelcomeBC umbrella of services, made possible through funding from the Government of Canada and the Province of British Columbia.

visit metronews.ca
metro

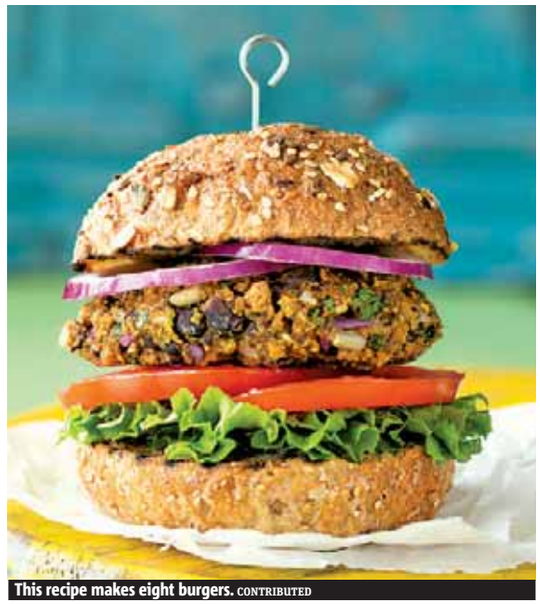
Anti-meat BBQ burger

Food. Food blogger Angela Liddon shares her favourite grease- and grime-free veggie recipe for a hot and sunny day. It's not all about melted cheese and steak you know.

ROMINA MCGUINNESS
Metro World News in London

Barbecue. Admit it. The second you read that word, your brain bombarded you with images of charcoal steak and roasted marshmallows.

"There are so many other options that showcase classic summer foods without sacrificing flavour or nutrition," Angela Liddon, food blogger and founder of the vegan friendly website Oh She Glows tells Metro. "A veggie burger can be both hearty and satisfying, as is a smoky grilled salad. And one thing is for sure, you'll feel light, energized, and anything but weighed down!" she adds.



This recipe makes eight burgers. CONTRIBUTED

Here is her favourite summer recipe, a veggie burger.

"These veggie burgers are one of the most popular recipes on my blog. They have all the right elements we love in a veggie burger — chewy, hearty, and they hold together well when cooking. You can freeze the burgers after cooking for quick and easy meals throughout the week."

Ingredients

- 3 tbsp ground flax seed
- 1/3 cup warm water
- 1 (15-oz) can black beans, rinsed and drained
- 1 cup grated carrots
- 1/3 cup finely chopped parsley
- 2 large garlic cloves, minced
- 1/2 cup chopped red onion
- 1/2 cup sunflower seeds
- 1 cup oat flour
- 1/2 cup spelt breadcrumbs (or breadcrumbs of choice)
- 1 tbsp extra-virgin olive oil
- 1-2 tbsp tamari, to taste
- 1/2 tbsp chili powder
- 1 tsp each dried oregano, ground cumin, fine grain sea salt
- freshly ground black pepper, to taste

1. Preheat oven to 350 F and line a baking sheet with parchment paper.

2. Whisk flax and water in a small bowl and set aside for 10 minutes.

3. In a large bowl, mash the black beans until a paste forms with a few chunky beans left intact for texture. Stir in the rest of the ingredients (including the flax and water mixture), adjusting spices and seasonings to taste if desired.

4. With slightly wet hands, shape dough into 8 patties. Pack dough tightly as this will help it stick together.

5. Cooking options: Bake patties at 350 F for 15 minutes, gently flip, and bake for another 15-20 minutes until patties are firm and golden. For grilling on the BBQ: pre-bake the patties in the oven for about 15 minutes at 350 F before placing on a pre-heated grill. Grill on each side for a few minutes until lightly golden.

6. Serve with toasted buns or lettuce leaf "wraps".

Drink of the Week

Almond Iced Tea

- 1 1/2 oz Belvedere Lemon Tea
- 1/2 oz almond syrup
- 3/4 oz lemon juice
- 3 oz green tea

Build over ice and garnish with a lemon wedge.

COURTESY OF BELVEDERE VODKA

APPLY NOW FOR FALL SEMESTER
Fall Semester: September 9 to December 13, 2013
Columbia College
Established 1936
- First & second year university programs for transfer to the University of British Columbia, Simon Fraser University, University of Victoria and other major Canadian universities
- Associate of Arts and Associate of Science degrees
- University Foundation programs (Grade 11 and 12)
- Academic English as a Second Language (ESL) Program
For further information contact
Admissions Office, COLUMBIA COLLEGE
438 Terminal Avenue, Vancouver
British Columbia V6A 0C1 Canada
Tel: 604-683-8360 Fax: 604-682-7191
Email: admin@columbiacollege.ca
Web: www.columbiacollege.ca

LASALLE COLLEGE INTERNATIONAL
MAKE IT HAPPEN!
REGISTRATION IN PROGRESS | Back to school September 9
Fashion Design | Fashion Merchandising
Jewellery Design | Administrative Assistant
2D/3D Animation | Graphic Design
Video Games | Interior Design
Programs offered on campus or online may vary
lasallecollegevancouver.com | 604 683-2006
Canadian Network
PCTIA ACCREDITED
BRITISH COLUMBIA EQA
Member of the LaSalle International Network

Should I stay or should I go now?

Benefits of business over pleasure. Taking one for the team on a paid vacation day can bring you more than just extra bucks

ROSIE HALES
TalentEgg.ca

Maybe in this peace and quiet you'll finally be able to get that proposal done. ISTOCK

Thanks to the multiple long weekends that grace the summer months, you may find yourself at the office, store or restaurant on a day when your friends and family are enjoying a paid day of rest.

While it's tempting to spend this time frowning and scowling at every person who approaches you, it's a good idea to remember that working on a public holiday definitely has its pros.

Though time off can be hard to pass up, many people choose to forego the odd cottage weekend to volunteer for these shifts because of these hidden benefits.

Working on a long weekend could maximize your earning potential

If your company offers overtime or holiday pay then this is one of the best parts about working on a public holiday. Sometimes companies will pay their employees time-and-a-half for their efforts on a public holiday — that's like coming to work for a normal day but getting paid like you stayed for an extra half day.

Public holidays make for a productive work environment

If you're hard at work on a specific project, then a holiday Monday is a perfect day to come in and do some work on it. The office will be quiet and you'll be able to buckle down with minimal distractions. Days like this pass far more quickly as you really have the chance to get lost in what you're doing.

Use the long weekends to make friends

Coming in on a vacation day can be a really valuable opportunity to get to know other people in your workplace better.

Make an impression

If your boss comes in to work on public holidays, following his or her lead can offer some real benefits.

- Demonstrating this kind of initiative can underscore how much you value your job and want to get things done.
- If you're hoping that your summer job or internship will become a full-time opportunity, working on a holiday shows your dedication to the company.

It's Not Too Late!
Lose 1-3" or More Fast!
• Discover non-invasive Lipolaser & EMS (Electro Muscle Stimulation).
• Lipo Laser safely melts away FAT and CELLULITE from your waistline, legs, buttocks & love handles.
• One 18 minute EMS Core session is equivalent to 200 - 500 perfectly formed sit ups.
• EMS can also help Build, Tighten, and Tone any major muscle groups.
• Turbo Charge any workout routine. Get results Fast!
Special Introductory Session Only $125
Vancouver Lipo Laser
3335 West 4th Ave., in Kits | 604 904 0888 | www.vancouverlipolaser.com

BILINGUAL TAXPAYER SERVICES AGENT (ENGLISH AND FRENCH REQUIRED) INBOUND CALL CENTRE, SURREY, B.C.
The Canada Revenue Agency is currently accepting on line applications for bilingual Taxpayer Services Agent (English and French required) opportunities.
For more information, visit www.cra-arc.gc.ca/careers and refer to advertisement number 00012030.
AGENT BILINGUE DES SERVICES AUX CONTRIBUABLES (FRANÇAIS ET ANGLAIS REQUIS) CENTRE D'APPELS ENTRANTS, SURREY, C.-B.
L'Agence du revenu du Canada accepte actuellement des demandes d'emploi en ligne pour des occasions de postes d'agent bilingue des services aux contribuables (français et anglais requis).
Pour de plus amples renseignements, visitez le site www.cra-arc.gc.ca/carrieres, et consultez le numéro de publication 00012030.
Canada Revenue Agency
Agence du revenu du Canada
Canada

AutoCAD Drafting Technicians Earn an Average of $26.79/Hour
BRIGHTON COLLEGE
AutoCAD Training Programs
• 13 Week Certificate • 100% Practicum Placements
• 32 Week Diploma • Flexible Schedules
Learn more at our FREE info sessions every Monday and Wednesday at our Burnaby campus.
DRAFTING & DESIGN TRAINING
There is an estimated demand of 9,600 workers for drafting & design in 2013.
Take the next step in pursuing a career as an AutoCAD Drafting Technician!
*Statistics have been acquired from WorkBC. Low Wage: $16/hr. High Wage: $40/hr.
Call today 604-901-5121 BrightonCollege.com

Argos backup shreds league's No. 1 defence

CFL. Lions unable to reach the end zone as stingy Toronto defence forces turnovers

Week 5

Argos	Lions
38	12

Zach Collaros threw three touchdown passes in his first professional start Tuesday as the Toronto Argonauts defeated the B.C. Lions 38-12.

Starting in place of the injured Ricky Ray, the second-year quarterback showed tremendous poise under pressure against the CFL's No. 1-ranked defence, throwing for 253 yards on 21-of-25 passing.

The 24-year-old University of Cincinnati product, who spread the ball around to eight different receivers, also rushed eight times for 28 yards.

Meanwhile, the Argonauts' bend-but-not break defence stymied Lions quarterback Travis Lulay and a B.C. offence that was toothless in the red zone.

With the victory, Toronto (3-2) snapped a six-game losing streak against B.C. (3-2).

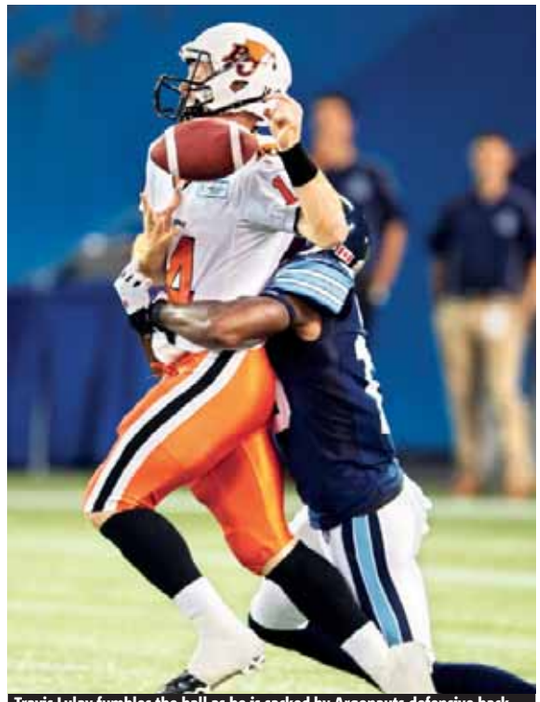
Jason Barnes, Alexander Robinson and John Chiles caught TD passes for Toronto in front of a crowd of 20,064 at the Rogers Centre, while rookie running back Curtis Steele, in the lineup for the injured Chad Kackert, rushed 12 times for 74 yards and two late TDs.

Lulay was 20-of-30 passing for 226 yards with an interception, while Paul MacCallum kicked four field goals for B.C. to move into fourth all-time on the CFL scoring list.

Toronto led 14-6 at halftime and never looked back on a rare Tuesday night game that concluded an awkward Week 5 of the CFL schedule.

After the Argonauts held B.C. to a field goal on their first possession of the second half, Collaros built on his two-touchdown first-half performance with another in the third to make the score 21-6.

THE CANADIAN PRESS



Travis Lulay fumbles the ball as he is sacked by Argonauts defensive back Jalil Carter in Toronto on Tuesday. FRANK GUNN/THE CANADIAN PRESS

Brad Rusin, who left last Saturday's match with an injury, expects to play in the Cascadia Cup. GETTY IMAGES FILE

MLS. Rusin expects to be back vs. Timbers

Brad Rusin has no reservations about his status for this weekend.

The Vancouver Whitecaps centre back was battered and bruised to the point where he had to come out late in the second half of Saturday's match against the Philadelphia Union.

The physical play was only amplified by the fact the Whitecaps were reduced to 10 men just eight minutes into the game after a Jun Marques Davidson red card.

It took its toll on Rusin, who ultimately left with a hip injury.

But, as the MLS club digs in to prepare for Saturday's Cascadia Cup match against the Portland Timbers, Rusin sounded confident he will be ready to play.

"It's fine. Just getting through it and it will be OK for the weekend," he said after partaking in Tuesday's training session at UBC.

"Just battling through a little bit of pain."

CAM TUCKER/METRO

Tennis

Dancevic back at centre stage in Vancouver

Welcome back to Vancouver, Frank Dancevic.

The Canadian tennis player from Niagara Falls, Ont., is back in B.C. for a third time this year as he competes at the Odlum Brown Vancouver Open at the Hollyburn Country Club in West Vancouver.

On Tuesday, he defeated fellow Canuck Filip Peliwo (6-3, 6-4) to advance at the tournament.

The previous two times Dancevic was on a tennis court in Vancouver, he was with Canada's Davis Cup team, which set aside Spain and Italy to advance to the semifinal against Serbia from Sept. 13 to 15.

Dancevic, who had the match of his life against Marcel Granollers and the turning point of Canada's first-round tie against Spain, insists that's not where his mind is.

"I'm not really thinking that far ahead," said Dancevic, who did not take part in the quarter-final versus Italy due to a knee injury.

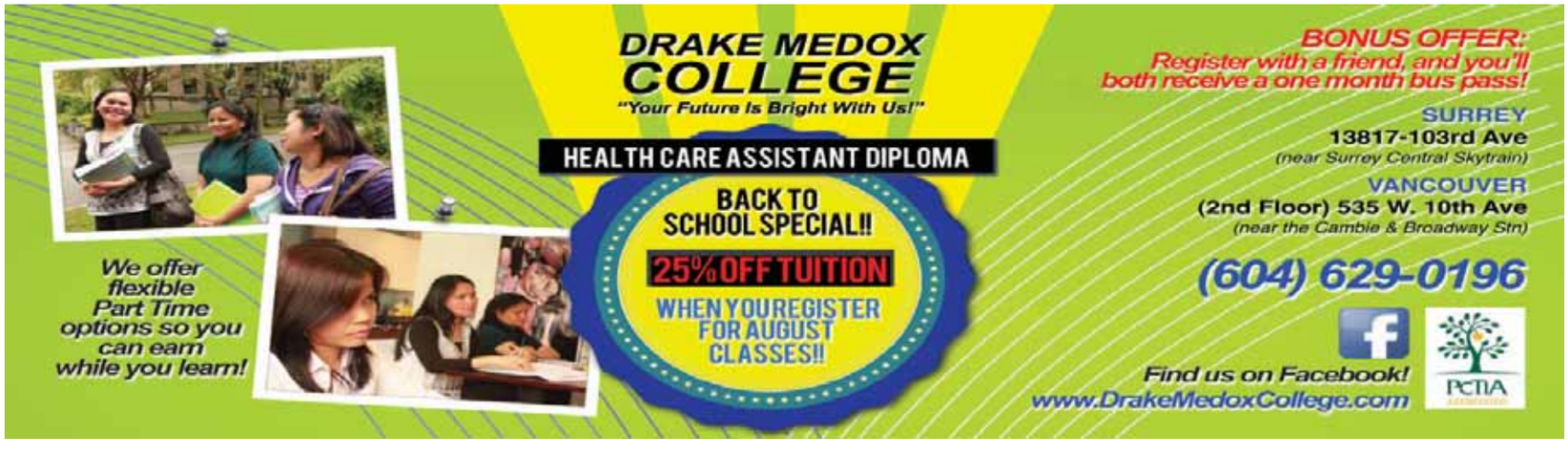
"When the time comes the week before, I'll be thinking about it, but there's plenty of tournaments before that."

For example, there's the Rogers Cup in Montreal next month, in which Dancevic is a wildcard entry. Then it's just over a month later to the Davis Cup semifinal.

Dancevic knows he's being evaluated, especially with Jesse Levine — Dancevic's replacement in the quarter-final — waiting for his shot.

"That's just fair ... for the best players to play."

CAM TUCKER/METRO


DRAKE MEDOX COLLEGE
"Your Future Is Bright With Us!"
HEALTH CARE ASSISTANT DIPLOMA
BACK TO SCHOOL SPECIAL!!
25% OFF TUITION
WHEN YOU REGISTER FOR AUGUST CLASSES!!
We offer flexible Part Time options so you can earn while you learn!
BONUS OFFER:
Register with a friend, and you'll both receive a one month bus pass!
SURREY
13817-103rd Ave
(near Surrey Central Skytrain)
VANCOUVER
(2nd Floor) 535 W. 10th Ave
(near the Cambie & Broadway Stn)
(604) 629-0196
Find us on Facebook!
www.DrakeMedoxCollege.com
PCTIA

ROBIN O'NEILL PHOTO

EXPERIENCE A RUNNER'S HIGH

THE HIGH NOTE ALPINE RUNNING TRAIL ON WHISTLER

The morning sun warms the soul as you flow across the undulating rocky terrain bordered by brilliant wild flowers. The beautiful scents and colours easily distract the mild thumping of your heart rate as you ease up a steep climb.

Below, the crystal glacier waters of Cheakamus Lake offer a cold diversion as a mild, sweaty layer appears over your exposed skin. Welcome to the breathtaking High Note Alpine Running Trail on Whistler Mountain.

Before your trek, power up with a morning cappuccino in the Whistler Village and grab a high-calorie snack for later before heading up the Whistler Village Gondola. This 25-minute ride deposits you in the high alpine of Whistler Mountain with gorgeous peaks in every direction. After a quick warm-up jog to the base of the Peak Express Chair, you are on your way to the start of the High Note Trail at 7,000 feet above sea level.

The High Note Trail utilizes just 10 kilometres of the more than 50 kilometres of awesome alpine trails that Whistler Blackcomb has developed for walkers, hikers and runners. Each unique trail offers an amazing experience — there is something for everyone no matter what your fitness level is. Even the High Note Trail has options to "easy out" if you get too tired or find the whole loop is too much.

The beauty of Rainbow Peak forces you to look up as you drop down Harmony Ridge. Suddenly, a black dot off in the distance grabs your attention. Stopping, you realize it's a black bear with two juvenile cubs, which you watch as they frolic through the alpine flowers.

Back at the Roundhouse you can cruise across the PEAK 2 PEAK Gondola for brunch at Christine's on Blackcomb.

For more information, please visit whistlerblackcomb.com.

ROBIN O'NEILL PHOTO

DAWN OF A NEW CHALLENGE

The High Note Trail is best done in the morning when temperatures are cool. And don't forget to take a bit of water, food and an extra light layer of clothing as conditions can quickly change up top.

WHISTLER BLACKCOMB
PEAK 2 PEAK

It took prehistoric volcanoes, an ice age and some over-achieving engineers to get it right.

P. Paul Morrison

The PEAK 2 PEAK Alpine Experience

As the longest and highest lift in the world, it is an engineering feat; but the most remarkable thing about the PEAK 2 PEAK Gondola is where it takes you. Step aboard for a 4.4 km journey between the top of Whistler and Blackcomb Mountains, and soak in 360 degree views of peaks and glaciers. Step off and you'll find yourself in a ruggedly-breathtaking environment a million years in the making. Lucky for you, scenic interpretive walks, a freshly prepared meal, and a cappuccino bar were also part of our evolutionary process.

ROOMS starting from $89* PER NIGHT

whistlerblackcomb.com | 1.866.383.9586

*Starting from rate is per night based on 2 adults sharing a room, from August 1 - 31, 2013. Offer is subject to availability at time of booking and may change without notice. Taxes and fees are extra. Minimum night stays, weekends rates and/or other restrictions may apply. †Rate is valid until September 22, 2013 and is subject to availability at the time of booking. Rate does not include applicable taxes and fees and may change without notice. PEAK 2 PEAK ticket must be booked at least 48hours in advance of arrival. Ticket is a 2 day ticket for the price of a 1 day.

DRIVE 5

The 2014 Chevrolet Trax

ALL PHOTOS WHEELBASEMEDIA.COM

Review. True North, strong and free, with help from this little machine

MALCOLM GUNN
wheelbasemedia.com

Cross-border shoppers will tell you that the United States offers a greater selection of products than our home and native land. That might be true for some consumer goods, but it isn't necessarily so when it comes to automobiles.

For 2012, General Motors began importing the seven-passenger Chevrolet Orlando from Korea, eschewing the United States in the process. The same is true this year with the Mexico-built Trax. The supposed reason is that Americans want bigger and fancier automobiles and that Chevy's marketing types didn't want to risk cannibalizing sales of its larger Equinox. But with fuel prices currently on the ascendancy, perhaps GM is entertaining second thoughts.

In any event, Canadians in search of a small wagon with space for five, available all-wheel-drive and with an aversion to gas pumps should find the Trax to their liking. At first glance it's a bit of a chunky monkey; the styling is a bit stubby in a Chevy-Spark-kind-of-way, except the Trax is considerably larger. It's also about 16 centimetres taller than Chevrolet's Sonic hatchback (both cars share the same platform).

The dashboard and control panel are attractive and uncomplicated, but front-passenger seating is on the cozy side (this is a small wagon, after all). There's more shoulder room in back, but only if you limit the rider count to two. Luggage for four shouldn't pose a problem if everyone packs light, but with the rear seat folded there's stowage space for bulkier objects. The Trax's one and only engine choice is a 1.4-litre turbocharged four-cylinder borrowed from Chevy's Cruise and Sonic models that makes 138 horsepower and 148-pound-feet of torque. For an on-the-road price of $20k, the LS covers just the basics, but has 10 airbags, including rear side-impact and front-knee inflatables.

The premium LTZ gets dressed up with 18-inch wheels (16-inchers are standard), leather-like seat coverings, auto-dimming rearview mirror and fog lights. Major options, depending on the model, consist of a power sunroof, navigation and an oil-pan heater that would make sense for Prairie winters. For an extra $1,950, all-wheel-drive can be fitted to the 1LT, 2LT and LTZ. The system automatically engages when the vehicle accelerates from a stop to counteract torque steer (the tendency for the vehicle to pull to the left or right when accelerating), but reverts to front-wheel-drive once the Trax exceeds five km/h. It also seamlessly redistributes power to the rear tires as needed when the fronts begin to lose traction.

General Motors isn't alone in importing products that our southern neighbours can't obtain (Mercedes-Benz and Kia do the same). But given the Trax's utility, all-weather capability and overall thriftiness, it might be only a matter of time before Chevy's little can-do wagon is given a star-spangled welcome.

Compare

1 Nissan Duke
Base price: $21,800

2 Mitsubishi RVR
Base price: $21,700

Interior & Technology

The 1LT adds air conditioning, heated outside mirrors, roof rack and aluminum wheels. Stepping up to the 2LT gets you a rear-vision camera with backup warning, six-way power driver's seat and Chevrolet MyLink touch-screen communications and infotainment system with a Bose premium audio package.

Fuel Economy

It garners 7.8 l/100 km in the city and 5.7 highway when connected to a six-speed manual transmission (standard with LS model), or 8.1/5.9 with the optional six-speed automatic that's fitted to the LT and LTZ. Other than fuel economy, the turbo 1.4 boasts an ability to run at full song using regular-grade fuel.

RBC Royal Bank

MUCH MORE FOR

For $4 a month, RBC Day to Day Banking® gives you more for every dollar.

Get up to $100 in gift cards†.

VISIT AN RBC BRANCH AND SWITCH TODAY!
rbc.com/daytoday
1-866-335-2395

Advice you can bank on™

® / ™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. † To get $100 worth of gift cards/certificates, you will need a total of 12,000 RBC Rewards® points. To learn how, and for full offer details, go to rbc.com/termsandconditions.

Sarah M. and her uncle **Tony R.**
Ford Employee Ford Retiree

Bill H. and his son **Greg H.**
Ford Retiree Ford Employee

WE'VE ALWAYS SHARED OUR PASSION.

NOW WE'RE SHARING OUR PRICE.†

WITH UP TO **$14,000*** IN TOTAL PRICE ADJUSTMENTS

On most new 2013 models
(F-150 Super Crew Platinum 4x4 5.0L amount shown)

2013 FOCUS S
SEDAN

5.5L/100km 51MPG HWY*** | 7.8L/100km 36MPG CITY***

Employee Price Adjustment ///	$620
Delivery Allowance ///	$250
Total Price Adjustments ///	$870

SHARE OUR EMPLOYEE PRICE **$16,779***

OR OWN FOR ONLY
$99@1.99% APR** BI-WEEKLY PURCHASE FINANCING FOR 84 MONTHS

NOW WITH $0 DOWN

OFFERS INCLUDE $870 TOTAL PRICE ADJUSTMENTS AND $1,650 FREIGHT & AIR TAX.

2013 ESCAPE S
FWD 2.5L

6.3L/100km 45MPG HWY*** | 9.5L/100km 30MPG CITY***

Total Price Adjustments ///	$995

SHARE OUR EMPLOYEE PRICE **$22,204***

OR OWN FOR ONLY
$145@4.99% APR** BI-WEEKLY PURCHASE FINANCING FOR 84 MONTHS

NOW WITH $0 DOWN

OFFERS INCLUDE $995 TOTAL PRICE ADJUSTMENTS AND $1,700 FREIGHT & AIR TAX.

2013 F-150 XLT
SUPER CAB 4X4 5.0L

10.6L/100km 27MPG HWY*** | 15.0L/100km 19MPG CITY***

Employee Price Adjustment ///	$4,423
Delivery Allowance ///	$7,250
Total Price Adjustments ///	$11,673

SHARE OUR EMPLOYEE PRICE **$29,226***

OR LEASE FOR ONLY
$374††@0.99% APR PER MONTH FOR 24 MONTHS WITH $1,500 DOWN.

SUPER CAB OFFERS INCLUDE $11,673 TOTAL PRICE ADJUSTMENTS AND $1,700 FREIGHT & AIR TAX.

OR STEP UP TO THE F-150 XLT SUPER CREW 4X4 5.0L FOR ONLY
$15†† MORE A MONTH

SUPER CREW OFFERS INCLUDE $11,079 TOTAL PRICE ADJUSTMENTS AND $1,700 FREIGHT & AIR TAX.

YOU PAY WHAT WE PAY.

SIMPLY VISIT YOUR BC FORD STORE OR BCFORD.CA TO GET YOUR EMPLOYEE PRICE† TODAY.

Go Further
bcford.ca

SiriusXM
Available in most new Ford vehicles with 6-month pre-paid subscription

WISE BUYERS BEAD. THE LEGAL COPY. Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers may be cancelled at any time without notice. Dealer order or transfer may be required as inventory may vary by dealer. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. †Ford Employee Pricing ("Employee Pricing") is available from July 3, 2013 to September 30, 2013 (the "Program Period"), on the purchase or lease of most new 2013/2014 Ford vehicles (excluding all chassis cab, stripped chassis, and cutaway body models; F-150 Raptor, Medium Trucks, Mustang Boss 302, Shelby GT500 and all Lincoln models). Employee Pricing refers to A-Plan pricing ordinarily available to Ford of Canada employees (excluding any CAW-negotiated programs). The new vehicle must be delivered or factory-ordered during the Program Period from your participating Ford Dealer. Employee Pricing is not combinable with CPA, GPC, DPP, Daily Rental Allowance and AM/ZOF-Plan programs. *Purchase a new 2013 Focus S Sedan/2013 Escape S FWD with 2.5L engine/2013 F-150 Super Crew XLT 4x4 with 5.0L engine for $16,779/$22,204/$29,226/$31,720 after Total Price Adjustment of $870/$995/$11,673/$14,494 (this sum of twelve (12) monthly payments divided by 26 bi-weekly periods every two weeks commencing on the contract date. Dealer may sell for less. Offers vary by model and not all combinations will apply. †† Offers expire September 30, 2013, leased a new 2013 F-150 Super Crew XLT 4x4 with 5.0L engine and get 0.99% annual percentage rate (APR) financing for up to 24 months on approved credit (OAC) from Ford Credit Canada Limited. Bi-weekly payments are $374 for a total obligation of $19,448 (this sum of twelve (12) monthly payments divided by 26 bi-weekly periods every two weeks commencing on the contract date. Dealer may sell for less. Offers vary by model and not all combinations will apply. Cross kilometre charges are 12¢ per km for Fiesta, Focus, C-Max, Fusion and Escape; 16¢ per km for E-Series, Mustang, Taurus, Taurus-X, Edge, Flex, Explorer, F-Series, MKS, MKX, MKZ, MKT and Transit Connect; 20¢ per km for Expedition and Navigator, plus applicable taxes. Excess kilometre charges subject to change, see your local dealer for details. All prices are based on Manufacturer's Suggested Retail Price. **Estimated fuel consumption ratings for 2013 Focus 2.0L I4 5-speed manual transmission (7.8L/100km (36MPG) City, 5.5L/100km (51MPG) Hwy)/2013 Escape FWD 2.5L I4 6-speed automatic transmission (9.5L/100km (30MPG) City, 6.3L/100km (45MPG) Hwy)/2013 F-150 4X4 5.0L V8 6-speed automatic transmission (15.0L/100km (19MPG) City, 10.6L/100km (27MPG) Hwy). Fuel consumption ratings, based on Transport Canada approved test methods. Actual fuel consumption will vary based on road conditions, vehicle loading, vehicle equipment, vehicle condition, and driving habits. ‡When properly equipped. Max. towing of 11,300 lbs with 3.5L EcoBoost 4x2 and 4x4 and 6.2L 2 valve 8 4x2 engines. Max. payloads of 3,120 lbs/1,100 lbs with 5.0L TI-VCT V8 3.5L V6 EcoBoost 4x2 engines. Max. towing of 4,411 and max. payload of 1,434 lbs with F-150 6.2L V8 engine. Class is Half-Ton Pickups under 6,500 lbs GVWR. ‡‡ Sales is the best selling pickup truck in Canada for 47 years in a row based on Canadian Vehicle Manufacturers' Association statistical sales report, December 2012. ©2013 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under license. ©2013 Ford Motor Company of Canada, Limited. All rights reserved.

With prices this small, open the door to summer.

2013 Jetta

Sedan

Own it from

$97 bi-weekly for 84 months*

1.9% APR **$0** down payment

Freight and PDI included

2013 Tiguan

Compact SUV

Own it from

$162 bi-weekly for 84 months*

2.9% APR **$0** down payment

Freight and PDI included

That's the value of German engineering.

Das Auto.

1-800 DRIVE VW

vw.ca

*Limited time finance purchase offer available through Volkswagen Finance, on approved credit. Base MSRP of $16,385/$26,600 for a new 2013 Jetta 2.0L / 2013 Tiguan 2.0T base model with 5/6-speed manual transmission, including $1,395/$1,610 freight and PDI, financed at 1.9%/2.9% APR for 84 months equals 182 bi-weekly payments of $97/$162. Down payment or equivalent trade-in, due at signing, may be required. Cost of borrowing is $1,127/$2,824 for a total obligation of $17,512/$29,424. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. Dealer may sell for less. Dealer order/trade may be necessary. Offers end July 31, 2013 and are subject to change or cancellation without notice. Models shown: 2013 Jetta 2.5L Highline / Tiguan 2.0T Highline R-Line, with options and accessories, $25,985/$42,985. Vehicles may not be exactly as shown. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Das Auto & Design", "Jetta" and "Tiguan" are registered trademarks of Volkswagen AG. © 2013 Volkswagen Canada.

Horoscopes

♈ Aries
March 21 - April 20
Immerse yourself in activities that keep both your hands and your mind occupied. If nothing else, it will distract you from issues you have been worrying about too much.

♉ Taurus
April 21 - May 21
Important matters beckon today and you will need to be in the right frame of mind if you are to deal with them properly. With that in mind, try to avoid people who never seem to take life seriously.

♊ Gemini
May 22 - June 21
Hopefully you have resolved your differences with certain people and everything is calm. If not, make the effort to patch things up now because you don't want to be bothered with petty things later this week.

♋ Cancer
June 22 - July 23
If you have a good idea, act on it straight away. The longer you sit there wondering if it's really as good as you think it is, the more likely it is someone else will beat you to it.

♌ Leo
July 24 - Aug. 23
A decision made in haste causes trouble, so stop and think about what you are about to commit yourself to. You may be eager to start something new but there's no rush.

♍ Virgo
Aug. 24 - Sept. 23
The celestial cycle you are on at the moment is concerned mainly with your thought processes. Take time to look back over the past few months and evaluate honestly what you have accomplished.

♎ Libra
Sept. 24 - Oct. 23
Don't try too hard to please people today, because chances are they will withhold their affection just to annoy you. You're a Libra, a cardinal sign, shouldn't they be pleasing you?

♏ Scorpio
Oct. 24 - Nov. 22
Don't waste time arguing over minor details or trying to defend an opinion you could not care less about. It does not matter what's going on in the world. It matters only that yours is serene.

♐ Sagittarius
Nov. 23 - Dec. 21
It is important that people in authority don't get the idea that you cannot be trusted. Whatever the temptation to embroider the truth may be today, you must be honest.

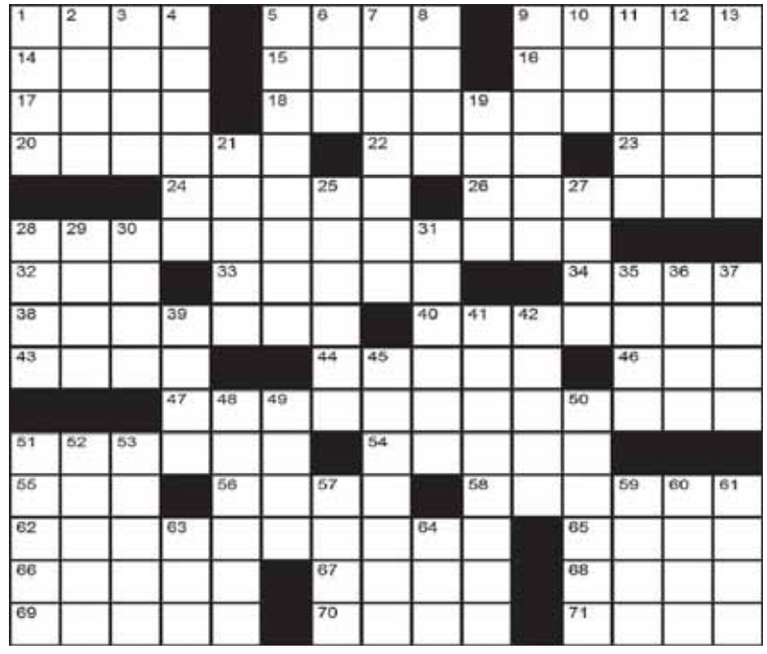
♑ Capricorn
Dec. 22 - Jan. 20
Capricorn is supposed to be an ambitious sign but it seems the fire in your belly has been a bit weak. Don't worry, in a matter of days, you'll be scheming and fighting your way to the top.

♒ Aquarius
Jan. 21 - Feb. 19
News you receive from a faraway source may be unwelcome but don't let it bother you. Better times are just around the corner and it won't be long before your present worries fade.

♓ Pisces
Feb. 20 - March 20
If someone needs your help today, drop what you are doing and give them the assistance they require. Go out of your way to support them. It will be worth the effort in the long term. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Rich earth
5. Frances __ (Judy Garland, originally)
9. Savage
14. Violinist, Camilla __ (b.1842 - d.1902)
15. Beneficial-to-skin plant
16. Once __ _ time...
17. In __ of (Replacing)
18. Song versions
20. Clear, as a drain with Drano
22. Vegan's protein
23. Converged
24. Stage stuff
26. Van Gogh flowers
28. Alberta-Saskatchewan border city
32. Archer's wood
33. Kidney-related
34. Dame __ Te Kanawa (New Zealand opera star)
38. Hybrid citrus fruit
40. Viking ship crew
43. 'Happy Motoring!' sloganeer
44. Higher up
46. Ms. Thurman
47. Village in Manitoba
51. Dish-cleaning aid
54. Song line
55. Atop, in verse
56. Pinpoint
58. Shrewd
62. Sport for lumberjacks
65. Biblical brother
66. Dancing __ (Delighted): 2 wds.
67. Silk: French
68. Reality TV star Ms. Leakes
69. Irish playwright, J.M. __ (b.1871 - d.1909)
70. They came marching two-by-two...
71. Single-named Art Deco designer

Down
1. "To Sir, with Love" (1967) actress/singer
2. "...thunder, lightning, __ __ rain?" (First Witch's query from Macbeth)
3. "Hold on _ __!" (Wait!)
4. Like green-patched cheese
5. Evil wizard in "The Smurfs 2" (2013)
6. Diminutive suffix
7. State bordering BC, AB and SK
8. Beatles' "Love __ __"
9. Canadian electronics chain store, __ Shop
10. Prefix with 'dermis'
11. Boards
12. Year: French
13. Wears well
19. "__ ain't broke...": 2 wds.
21. Command: French
25. Ancient inhabitant of Crete
27. Is a pain
28. 'Electro' suffix
29. Actress Ms. Thompson's
30. Possesses
31. '60s hit for The McCoys: "Hang on __"
35. American deejay Don
36. Two notes to follow Do
37. "__ __ little time..." (The quickest way)
39. Wedding __
41. Norms
42. Mr. Philbin
45. 1,000,000,000
48. Brush aside
49. "Hud" (1963) actress Patricia
50. High-__ fuel
51. Alone activities
52. Type of flower
53. Phantom of the Opera's instrument
57. Ingrid's "Casablanca" (1942) role
59. 'Very', slang-style
60. Camper's shelter
61. Bit of The Band: "Virgil, quick, come see, there goes the Robert _. __!"
63. Manipulate
64. Baby bug

Yesterday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

7				6				3
	8				2	9	5	
	5		8	9				
	6					5		
8		4				6		9
		7					1	
				4	6		8	
	2	8	1				3	
6				3				4

Yesterday's Sudoku

3	6	1	7	4	2	5	8	9
8	7	4	9	1	5	6	2	3
2	9	5	6	8	3	7	4	1
9	8	6	1	5	4	3	7	2
4	1	3	2	7	6	9	5	8
7	5	2	3	9	8	1	6	4
1	2	7	4	6	9	8	3	5
6	3	8	5	2	1	4	9	7
5	4	9	8	3	7	2	1	6

Today
23°/16°
Variable

Thursday
23°/16°
Mainly sunny

Know what the weather will be 14 days from now.
Check the 14 day trend.
©The Weather Network 2013

Share your Oreo moment and WIN

Share your Oreo moment by uploading your photo on clubmetro.com and you could win an ultimate One Direction and Oreo prize pack, including:

- 2 tickets to the sold-out One Direction Vancouver show on July 27
- Six bags of Oreo cookies
- Exclusive Oreo merchandise
- One Direction *Take Me Home* CD, band poster and other fun swag to get you concert ready

For a chance to win, simply show us how you love to eat your Oreo – do you twist, lick or dunk?

1D ONE DIRECTION
OREO
club metro

No purchase necessary. Contest open to residents of Ontario and British Columbia who have reached the age of majority. Odds of winning depend on the number of eligible entries received. Six (6) prizes will be awarded, three (3) to Ontario residents and three (3) to British Columbia residents, each consisting of two (2) tickets to see One Direction in concert; one (1) bag of limited edition One Direction OREO Cookies autographed by One Direction; six (6) bags of OREO cookies; exclusive OREO merchandise; One Direction's "Take Me Home" CD and a One Direction band poster. Approximate retail value of each prize is $300 CDN. Skill testing question required. Contest opens Monday, June 17th, 2013 at 12:01 AM ET and closes Friday, June 21st, 2013 at 11:59 PM ET. To enter and for complete contest rules visit www.clubmetro.com.

IORIO CLASSIC ENGAGEMENT RING

IORIO
FINE JEWELLERY

GIA CERTIFIED DIAMONDS | FINE JEWELLERY | CUSTOM DESIGNS | WATCHES | REPAIRS

Available Exclusively At J&M Jewellery.

J&M JEWELLERY

Voted #1 JEWELLERY STORE in the 2011 and 2012 Reader's Choice Awards, Stars of Vancouver!

VANCOUVER SHOWROOM 127 E. Broadway, Vancouver, BC V5T 1W1 • (604) 876-7181
Plenty of FREE PARKING underneath our Vancouver store, entrance off 8th Avenue.

METROTOWN CENTRE 348 - 4800 Kingsway, Burnaby, BC V5H 4J2 • (604) 439-0753

IORIO.COM

Consumer's Choice Award Winner BEST LOCAL JEWELLER for 10 Years in a Row!